Staph Education

What is Staph?

- Staph (short for Staphylococcus) is a bacterium commonly on the skin and in the upper respiratory tract.
- The staph bacteria enter the skin through a cut or break in the skin; can commonly cause Impetigo (a combination of different staph chains).

How is it spread?

- Spread rapidly when athletes are in close contact with one another.
- Is more contagious in children than in adults.
- Spreads more rapidly with skin-to-skin contact than on towels/clothing/bed linens, etc. (but don't take any chances!)

What does is look like?

- Usually develops in body folds that are subject to friction or in an existing break in the skin.
- Starts like an ingrown hair/boil/sty.
- Will produce blisters with pus/redness/ or clear drainage.
- Sometimes child will have fever.

How do you treat it/prevent it?

- Regular hand washing
- Use liquid soap, **DO NOT** share bar soap.
- **DO NOT** bite nails, can hide under nails.
- Bathe after practice, **DO NOT** share towels, razors, clothes, or other personal items.
- Keep cuts covered.
- Wash vigorously 4 to 5 times a day with a medicated wash (Hibiclens-available at the pharmacy, ask pharmacist for location)
- Dry area by patting gently.
- Apply antibiotic ointment (Bactroban, etc.).
- Refer to physician- Usually given topical and/or oral antibiotic.
- Keep sports equipment clean.
- All braces, wraps, uniforms, etc. should be washed daily.
- **DO NOT** get in hot tub/whirlpool until sores are healed.
- All areas need to be covered and should be monitored with Athletic Trainer to be sure covered properly to avoid spreading during activity.

REPORT ALL QUESTIONABLE RASH/SORES TO ATHLETIC TRAINER ASAP!!