

## What is Sayville School District doing to safeguard against Staph/MRSA infections?

It is important to note that Staph/MRSA transmission can be prevented by simple measures such as hand hygiene and covering infections.

Sayville Public School District has been extra vigilant in sanitizing our sports equipment and student-learning environments by following effective cleaning methods recommended by the Center for Disease Control. The CDC states: "cleaning surfaces with detergent-based cleaners or Environmental Protection Agency – registered disinfectants is effective at removing MRSA from the environment."

While our Superintendent of Buildings and Grounds as well as our Director of Physical Education/Health and Athletics remain up-to-date on any new developments, through the District's health curriculum and age-appropriate lessons, our faculty and staff will be emphasizing preventative measures to keep our students as free from infection as possible.

It would be most helpful if parents encourage the following: **PRESCRIBED PROCEDURES**

- Have children wash their hands with antiseptic skin cleanser (the CDC recommends washing for as long as it takes to recite the alphabet).
- Have student athletes shower immediately after every practice and game.
- Have your student empty his/her locker regularly of all dirty clothes.
- Wash athletic clothes daily in hot water and dry on a hot setting.
- Cover all cuts and wounds prior to coming to school or practice and game activities.
- Remind students not to share items such as clothing, water bottles, towels, soap, and razors.
- Have your child seen by a physician immediately if there are any signs of infection such as a pimple or boil that can be red, swollen, painful, or have pus or other drainage.



## Rosemary F. Jones, Ed.D. Superintendent of Sayville Schools



### SIMPLE MEASURES

Practice good hygiene by keeping your hands clean in the following ways:

- washing with soap and water
- using an alcohol-based hand sanitizer
- showering immediately after participating in exercise

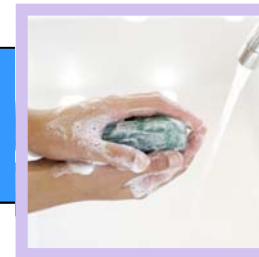
## RESOURCES FOR MORE INFORMATION GO TO

- Center for Disease Control: <http://www.cdc.gov>
- Understanding MRSA: <http://www.webmd.com>
- Community-Associated MRSA Information for the Public [http://www.cdc.gov/ncidod/dhqp/ar\\_mrsa\\_ca\\_public.html](http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca_public.html)
- EP-registered products effective against MRSA: <http://epa.gov/oppad001/chemregindex.htm>



## QUESTIONS & Answers

## About Staph/MRSA Skin Infections



Drug sensitive staph bacteria is commonly found on the skin of healthy persons.

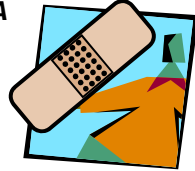
However, reports of recent outbreaks of the strain *Methicillin Resistant Staphylococcus Aureus* (MRSA) have become more prevalent because of its resistant to the antibiotic methicillin and related antibiotics. While other antibiotics can be used to treat MRSA, treatment may be longer and/or more expensive.

In an effort to be proactive in addressing our community's health concerns, Sayville School District is sharing some reminders that will protect you and your children from serious skin infections.

## What is a Staph/MRSA skin infection?

It appears as a pimple, rash, boil, or open wound.

**Staph/MRSA** is often misdiagnosed as spider bites. Symptoms of a **Staph/MRSA** infection includes redness, warmth, swelling, pus, tenderness of the skin, pimples, boils, or blisters. **Staph/MRSA** infected skin lesions may progress quickly from a skin or surface irritation to an abscess or serious skin infections. If left untreated, **Staph/MRSA** can infect blood and bones.

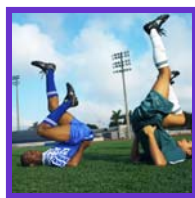


## How do Staph/MRSA skin infections spread?

*Staph/MRSA lives on skin and survives on objects for 24 hours or more.*

Drainage from skin lesions can spread **Staph/MRSA** bacteria to other parts of a person's body or to other people. The cleanest person can get a **Staph/MRSA** infection.

**Staph/MRSA** infections can be found in places where there are crowds of people (schools). **Staph/MRSA** can come off infected skin onto the skin of another person during skin-to-skin contact. **Staph/MRSA** can also come off infected skin onto shared objects and surfaces and get onto the skin of the person who uses the object or surface next.



Examples of shared objects that might spread **Staph/MRSA** include personal hygiene objects (i.e. towels, soap, wound dressings, bandages, etc.) sheets, clothes, benches in saunas or hot tubs, and athletic equipment. In other words, anything that could have touched the skin of a **Staph/MRSA** infected person can carry the bacteria to the skin of another person.

## How can I prevent myself or my family from getting infected?

*Wash your hands with warm water and soap.*

Keep cuts and scrapes clean with warm water and soap. Avoid skin contact and sharing personal items with anyone you suspect might have a **Staph/MRSA** skin infection. Clean objects that you share with other people, such as athletic equipment, before you use it. Always wash clothes and towels that might be carrying **Staph/MRSA**.



## What should I do if I think I have a skin infection?

*Consult your doctor or healthcare provider.*

If you suspect that you might have a skin infection, consult your doctor/healthcare provider as soon as possible. Early treatment can help prevent the infection from getting worse.

Most MRSA infections can be treated successfully with proper wound and skin care and by using antibiotics active against MRSA. If antibiotics are needed, they can usually be given by mouth.

A procedure by your healthcare provider to drain pus from the infected area (*called incision and drainage or "I & D"*) may be necessary.

Be sure to follow closely all instructions from your healthcare provider and if prescribed antibiotics, take all of your pills, even when you start to feel better.



## If I am told by my doctor or healthcare provider that I have a Staph/MRSA skin infection, what can I do to keep others from getting infected?

*Clean your bandages, your hands, and your home.*

- Keep infections covered with clean, dry bandages because pus from infected wounds can contain bacteria and spread the infection to others.
- Wash hands frequently with soap and warm water, especially after touching infected skin and bandages. Put disposable wastes (e.g., dressings, bandages) in a separate trash bag and close the bag tightly before throwing it out with the regular garbage.
- Regularly clean your bathroom, kitchen, and all other rooms with bleach, as well as your personal items. Wash clothes and other items that become soiled with hot water and dry clothes in a hot dryer, rather than air drying.
- Wash utensils and dishes in the usual manner, with soap and hot water, or using a standard home dishwasher.
- Avoid participating in contact sports or other skin-to-skin contact until your infection has healed.



## REMEMBER

- **If you have a MRSA infection, be sure to tell any doctors or healthcare providers who treat you that you have this infection.**