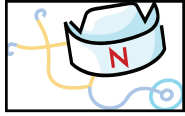


# Reporting MRSA



*It is important to report any skin rash, boil, abrasion, cut, spider bite, or turf burn to the school nurse, and/or athletic trainer/coach.*

*If you suspect an infection, contact your healthcare provider promptly so that a wound culture for MRSA can be performed. If your child is an athlete, make sure you inform your doctor of that as well.*

*If you are prescribed antibiotics, it is important to take the entire prescribed amount even if the infection seems to have healed, because it can return if the antibiotic is not taken properly.*

*It is important to keep your wound covered at all times. If your wound appears to not be healing properly, alert your healthcare provider.*

*After seeking medical treatment, bring a doctor's note to your school nurse and/or trainer/coach with your diagnosis and treatment plan.*

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**Final Note:** *MRSA is a problem that is affecting communities across the United States. With your understanding and cooperation, we can work together to keep it under control.*

For more information about MRSA,  
please go to:  
[www.bpsd.org/HealthServices/MRSA.htm](http://www.bpsd.org/HealthServices/MRSA.htm)



**Bethel Park School District**  
301 Church Road  
Bethel Park, PA 15102  
412-833-5000  
[www.bpsd.org](http://www.bpsd.org)

*This pamphlet was created with the assistance of Tara Rinier, SN, a student at the University of Pittsburgh School of Nursing.*



**Community-Acquired  
MRSA**



**Helpful Information for  
Students and Parents**

# What is MRSA?



Due to the recent attention that has brought community-acquired MRSA to the forefront of local and national media, we felt it necessary to provide the Bethel Park School District community with information regarding what MRSA is, how it is spread, and how it can be treated and prevented.

*Staphylococcus aureus* (“staph”) are bacteria that are commonly found in the noses and on the skin of healthy people. It is when the staph has a resistance to the antibiotic methicillin (and other similar antibiotics) they are known as methicillin-resistant *staphylococcus aureus*, better known as “MRSA.”

Community-acquired MRSA is different than hospital acquired MRSA, which affects the sick and the elderly. Research is now showing that MRSA and MRSA infections are occurring in healthy children and adults in the community, outside of the hospital related risk factors.

## How do I come in contact with MRSA?

Commonly people come in contact with MRSA by:

- Skin to skin contact with hands, wound drainage, or nasal secretions of a person infected or carrying MRSA.
- Through openings in their skin such as cuts or abrasions.
- Poor hygiene.
- Participation in a contact sport.

## What are the Symptoms of MRSA?

Symptoms of an infection may vary depending on what part of the body is affected. Skin infections are the most common site of infections. Symptoms of a skin infection include:

- Local redness, tenderness, or swelling.
- May have purulent drainage (or pus).
- Fever.
- May include boils, wound infections, and impetigo.

In order to diagnose the symptoms as MRSA, a wound culture must be taken by your healthcare provider.

## How Can I Help to Prevent MRSA?

Handwashing is the single most important action in preventing the spread of infectious disease!



Wash your hands with soap and water for at least 15 seconds (the length of time it takes to sing “Happy Birthday to You!”):

- After sneezing, blowing or touching your nose.
- After using the restroom.
- Before and after a game or practice.
- Before and after touching or caring for a break in the skin.

## Other Precautions:

- Shower with soap and water as soon as possible after direct contact sports.
- Dry using a clean, dry towel.
- Do not share equipment, towels, soap, or any personal care items.
- Do not share towels or drink bottles on the sidelines during games or practice.
- Do not share ointments, creams or antibiotics.
- Keep your hands away from your eyes, nose, and mouth.
- Keep all wounds completely covered.