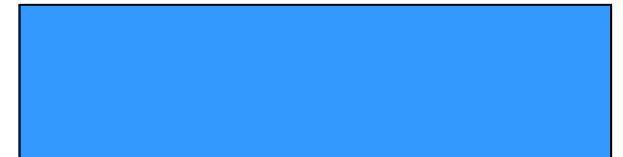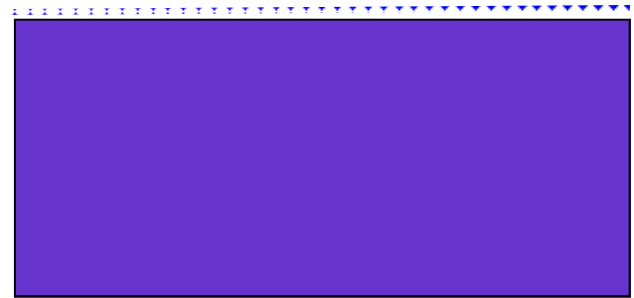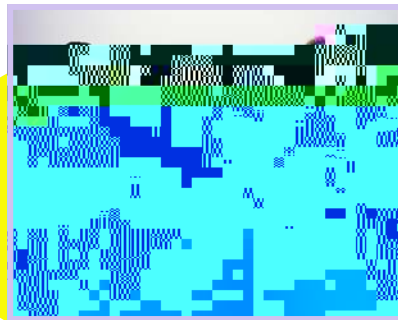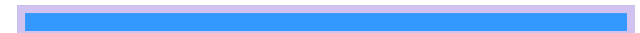Have children wash their hands with antiseptic skin cleanser (the CDC recommends washing for as long as it takes to recite the alphabet).
Have student athletes shower immediately after every practice and game.
Have your student empty his/her locker regularly of all dirty clothes.
Wash athletic clothes 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,

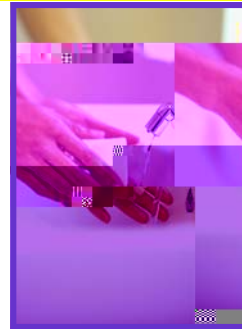to safeguard against
Staph/MRSA infections?

However, reports of rece

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, evenssary. eel better.

If I am told by my doctor or healthcare provider that I have a