MRSA

Prevention Checklist for Athletes

- [ ] Shower and wash with soap after all practices and competitions.
- [ ] Wash hands regularly with soap and warm water or use alcohol hand antiseptics.
- [ ] Do not share towels, razors, bar soap, water bottles or daily athletic gear.
- [ ] Wash athletic clothing after each use.
- [ ] Clean, disinfect and dry gear on a regular basis. Clean and disinfect gym bags when gear is cleaned or use disposable bags.
- [ ] Cover cuts and abrasions with clean, dry dressings. Avoid contact with any other person's wounds or bandages.
- [ ] Report any skin infections to the coach. Suspend participation if draining wounds are present.
- [ ] Avoid picking, squeezing or scratching scabs, abrasions, bumps or rashes.
- [ ] Keep nails trimmed less than ¼ inch long and remove all jewelry to avoid scratches.
- [ ] Infected athletes should not use whirlpools. Whirlpools should be properly disinfected between uses.
- [ ] Refrain from cosmetic body shaving.
- [ ] Use a towel or clothing as a barrier between skin and weight training and/or locker room benches.
- [ ] Consider cotton or neoprene sleeves to protect knees and elbows from abrasions.

NORTH DAKOTA
DEPARTMENT of HEALTH

2635 E Main Ave
Bismarck, ND 58506-5520

(800) 472-2180 (701) 328-2378
www.ndhealth.gov/disease/Info/MRSA.aspx

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