



# STAPH AND MRSA PREVENTION STRATEGIES

EACH SEASON MRSA INCIDENTS ARE RISING IN LOCKER ROOMS, WASHROOMS, TRAINING AND WORK OUT AREAS. NOW IS THE TIME TO DO SOMETHING MORE THAN JUST CLEAN!

## WHAT IS MRSA?

MRSA is a virulent staph infection that resists antibiotics and can cause pneumonia or bloodstream and wound infections. Recently, a more toxic strain, PVL MRSA, has been linked to several fatalities.

## PREVENTION ACTIVITIES TO MINIMIZE EXPOSURE

- Do not share towels, soap, or other personal items.
- Shower with soap right after direct contact sports, and dry using a clean towel.
- Ointments or antibiotics MUST NOT be shared.
- Wash towels, uniforms, scrimmage shirts, and any other laundry in HOT water and ordinary detergent, and dry thoroughly on the HOTTEST allowable cycle.
- Inform parents of these precautions: if laundry is sent home, it should be placed in a plastic bag, separating soiled laundry from other items in the athlete's bag.
- Consider wearing gloves when working with soiled laundry items.
- Clean the athletic area and sports equipment by implementing appropriate disinfection protocols, based upon traffic and use, and no less than once weekly.
- Clean treatment tables between each use.

## HOW & WHERE DOES IT SPREAD?

- Staph bacteria and MRSA are becoming more prevalent in locker rooms, washrooms, training and work out areas.
- They can spread through direct physical contact of bacteria with a break in the skin.
- They can also spread through inanimate objects such as clothing, carpet and furniture.

## FLOORING SELECTION

- Carpets have the capacity to harbor micro-organisms. Instead, use vulcanized, nonporous and waterproof MONDO rubber floor coverings, which provide a much safer choice for your facility.
- MONDO rubber floor coverings are inherently resistant to microorganisms, as the construction and surface do not promote growth.
- MONDO Sport Impact and MONDO Ramflex backed by MRSA third-party lab testing



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