

NOTES FROM THE NURSE

STAPH INFECTION PREVENTION

It is important that students know what to do if they get an infection. Here are the CDC recommendations:

- * Tell your parent, coach, athletic trainer, school nurse if you think you have an infection so it can be treated quickly. Finding infections early and getting care will decrease the chance that the infection will become severe.
- * Pay attention to signs of infections such as:
 - Redness
 - Warmth
 - Swelling
 - Pus
 - Pain at sites where your skin has sores, abrasions, or cuts
 - A pimple like are in the center (these infections can look like spider bites)
- * Infections can also occur at sites covered by body hair or where uniforms or equipment cause skin irritation or increased rubbing.
- * Do not try to treat the infection yourself by picking or popping the sore.
- * Cover possible infections with clean, dry bandages until you can be seen by a healthcare provider (e.g., doctor, nurse, athletic trainer).

In addition to practicing good personal hygiene, athletes and visitors to athletic facilities should also do the following:

- Keep your hands clean by washing frequently with soap and water or using an alcohol-based hand rub. At a minimum, hands should be cleaned before and after playing sports and activities such as using shared weight-training equipment, when caring for wounds including changing bandages, and after using the toilet.
- Shower immediately after exercise and do not share bar soap or towels.
- Wash your uniform and clothing after each use. Follow the clothing label's instructions for washing and drying. Drying clothes completely in a dryer is preferred.