



Tips From the Training Room

For more information contact the athletic training staff at Towson Sports Medicine, 410-828-4TSM (4876).

MRSA

Methicillin-resistant staphylococcus aureus

What is MRSA? An infection with a strain of *Staphylococcus aureus* that is resistant to penicillin, methicillin and amoxicillin.

What are the risk factors in developing a MRSA infection?

- Carrier bacteria: a Staph bacterium that is found on the skin and nasal passages of 25-35% of healthy people.
- An open wound, cut or intramuscular hematoma
- Immune deficiency
- Picking or “popping” pimples on the skin
- Poor hygiene: wearing sweatsuits multiple times between washing, sharing shaving equipment or towels and athletic equipment

What does MRSA look like?

- Pimples
- Pustules
- Boils
- Insect bites



Signs & Symptoms of MRSA:

- Redness
- Swelling
- Painful
- Drainage coming from infection site
- Fever (rare with localized infection)
- Skin abscess
- Rapid progression of rash from a pimple to an abscess

Common Location of MRSA on the Body:

- Visible Skin Trauma
- Cuts and Abrasions
- Areas on the body covered by hair
Ex. Back of neck, groin, armpit, beard area of men

Call your physician immediately if wound doesn't heal or any of the above signs and symptoms

appears.

How is MRSA treated?

- Incision and drainage of abscess, boil or pustule
- Oral antibiotics
- If infection progresses on oral antibiotics, hospital admission is necessary for intravenous drugs.

How is MRSA spread?

- Close skin-skin contact
- Openings in the skin
- Contaminated items or surfaces
- Crowded living conditions
- Poor hygiene
- Sharing of sports equipment or personal items

How do you prevent MRSA?

- Attention to personal hygiene
- Keep all wounds covered with clean, dry bandages
- Washing hands frequently especially after being in contact with bodily fluids
- Wiping surfaces of equipment before & after each use
- Keep a barrier between skin and shared equipment
- **DO NOT** share towels, clothing or razors

Additional information:

www.cdc.gov/ncidod/dhqp/ar_MRSA.html

www.nlm.nih.gov/medlineplus/mrsa.html

www.visualdxhealth.com/diseaseGroups/mrsa.htm

Deaths related to MRSA:

www.cnn.com/2007/HEALTH/10/18/mrsa.cases/index.html

www.seattletimes.nwsourc.com/html/health/2004196703_mrsa23m.html

www.medscape.com/viewarticle/569566