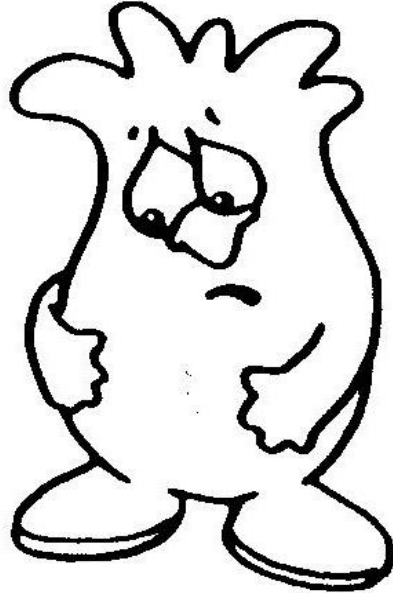


MRSA

(Methicillin-Resistant Staphylococcus Aureus)

*This is really serious.
I need to do something
about this now!*



MRSA is a serious skin infection that thrives in gyms. It usually starts as a sore on the skin that looks like a bite or a pimple – or a cut that is swollen, hot and filled with pus. It is highly contagious. If you have something that looks like that, see your doctor immediately and tell the coach here. It can be life threatening if not treated right away.

To Prevent MRSA:

- 1. Do not share towels or clothing; wash gym clothes often.**
- 2. Shower often – especially after a work-out.**
- 3. Keep any cuts or open sores covered at all times.**
- 4. Wash your hands often.**
- 5. Keep your hands away from your nose and mouth.**
- 6. Use spray disinfectant on equipment after use.**
- 7. Use antibacterial gel on your hands.**

If you think you have MRSA:

- 1. See your doctor immediately and tell the coach.**
- 2. Keep the sore covered with a tight bandage until it has healed.**
- 3. Take the antibiotics as prescribed by your doc.**
- 4. Do not share towels or use gym equipment until healed.**
- 5. Wash your clothes, sheets, and towels often.**
- 6. Do not touch or squeeze the sores.**
- 7. Wear long sleeved pants and shirts until healed.**