

BULLITT EAST HIGH SCHOOL ATHLETICS



2020-2021 MRSA Awareness

This must be read by all athletes and their parent/guardians, and signed. A copy will be maintained in the Athletic Office.

To reduce the risk of contracting MRSA, all student athletes are strongly advised to do the following:

- Wash your hands. Your hands are the part of your body most likely to pick up a germ and transfer it to an itchy sore, your eyes, your mouth, or your nose. So keep them clean. Use soap and warm water -- the rule of thumb is to scrub gently and thoroughly as long as it takes to sing the alphabet song.
 - Got a cut or scrape? Clean it -- and cover it with a bandage until it heals.
 - Avoid contact with other people's wounds or bandages.
 - Do not share towels, razors, clothing, or other personal items.
 - Shower right away after exercise, especially at the gym. Don't toss your wet towel in your gym bag. Clean and disinfect any gym bag that's come into contact with dirty athletic gear.
 - Wash all athletic clothing daily. Regularly wash athletic gear such as elbow pads, shin guards, and kneepads.
 - Bathe every day. MRSA can live on the skin, but it can be washed away. Staph can enter the body through hair follicles, so be particularly careful to clean your groin, underarms, arms, and legs.
 - Be on the lookout for infections. Early on, a staph infection looks like a spider bite (a red, irritated bump). Don't wait -- have a nurse or doctor look at it.
 - If you have an infection, don't try to squeeze out the pus. This only spreads germs on your skin. Have ALL infections treated by a health professional.
 - Practice careful hygiene when visiting crowded facilities such as prisons, military bases, shelters, hospitals, and schools.
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- All practice clothing and uniforms must be laundered daily
 - Clothes worn after practice or games must be laundered before being worn again
 - Do not share towels, clothing, or equipment
 - Avoid body shaving
 - Cover cuts and scrapes
 - Wipe equipment such as helmets, goggles, and pads with alcohol frequently
 - Report undiagnosed skin infection or any concerns to Coaches

Athlete Name _____

Athlete Signature _____ Date _____

Parent/Guardian Signature _____ Date _____