Special Focus: Preventing MRSA



Wound Care

Staph infections such as MRSA can proliferate in athletic settings. Skinto-skin contact, moist environments, and the potential for scrapes and abrasions make athletes a prime target for infection. A big part of keeping athletes safe is proactive treatment for all skin wounds.



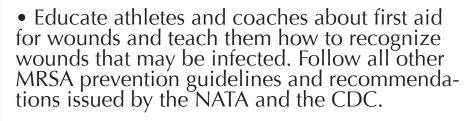
Follow these wound care rules to help protect your athletes:

- Make sure athletes know to report all injuries and open wounds, no matter how minor, to the athletic training staff, the team physician, or a school nurse for treatment.
- Thoroughly clean wounds by washing away debris and exudate without traumatizing fragile tissue.



- Cover all wounds, even very small ones, during and after activity and tell athletes to keep them covered at all times. Covered wounds heal faster.
- Use antimicrobial wound dressings to inhibit the growth and spread of bacteria plus reduce the potential for infection.







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