Checklist for the Control & Prevention of Staphylococcal Infections Including Community Acquired-MRSA in the School Setting

General cleaning strategies

- Routinely clean environmental surfaces with an all-purpose cleaner, using the product in accordance with the manufacturer’s instructions.
- Ensure that high-touch surfaces (e.g., doorknobs, light switches, drinking fountains, faucet handles, and surfaces in and around toilets) are cleaned on a daily basis.
- Promptly clean and decontaminate body fluid contamination of surfaces using either a 1:10 dilution of household chlorine bleach (1 part bleach in 9 parts water, prepared on a daily basis) or a germicidal product with specific label claims for HIV or hepatitis B virus.

Strategies for cleaning sport/athletic-related equipment and items:

- Clean items used in sporting and/or athletic-related activities after each use with an all-purpose cleaner, using the product in accordance with the manufacturer’s instructions.
- Promptly clean and decontaminate items that have visible soiling with blood or other body fluids using either a 1:10 dilution of household chlorine bleach (1 part bleach in 9 parts water, prepared on a daily basis) or a germicidal product with specific label claims for HIV or hepatitis B virus.

Measures for preventing additional staphylococcal skin infections at:

- Advise students, faculty, and staff regarding the importance of hand hygiene to minimize the spread of infectious disease.
- Encourage good hygiene, including showering and washing with soap after all practices and competitions.
- Advise students of the importance of avoiding contact with drainage from skin lesions of other players
- Give consideration to having sports/athletic participants shower before participating in competition/public activity.
- Ensure availability of adequate soap and hot running water for hand washing in all bathrooms.
- Provide individual-use towels for use during all practices and competitions. Wash after one use.
- Don’t store wet, dirty clothing in lockers.
- Discourage sharing of personal items (e.g. deodorant, razors, towels, water bottles).
- Keep cuts and abrasions clean and covered with clean, dry bandages until healed.
- Do not allow sports/athletic participants with draining wounds or infections to participate in practices or games until the wound has stopped draining. Permit the sports/athletic participant to participate in non-contact activities if wounds are covered and the infected person observes good hygienic practices (e.g. hand washing, showering, and laundering clothes).
- Train sports/athletic participants and coaches in recognition for wounds that are potentially infected.
- Encourage sports/athletic participants to report wounds and skin lesions to coaches and encourage coaches to assess participants regularly for wounds and skin lesions.
- Ensure that practice uniforms and PE uniforms are laundered on a weekly basis, or more frequently if feasible.
- Encourage sports/athletic participants who have non-healing, draining skin lesions and wounds to seek medical attention.
- Determine if household or other close contacts of the patient have infections compatible with MRSA. If so, encourage them to seek medical attention.
- Students and their parents, faculty and staff should be provided information about what MRSA is, how it is spread and how it can be prevented.
- Clusters of doctor-diagnosed cases (defined by Illinois Department of Public Health as 3 or more) should be reported to the DuPage County Health Department at 630-682-7979 ext. 7553 under IDPH Rules and Regulations for the Control of Communicable Disease Section 690.295.

Adapted from the Illinois Department of Public Health MRSA Guidance
October 2005

Reference Materials
MRSA and Sports Participation


Additiona references used to develop recommendations for schools:


• CDC. Guidelines for Environmental Infection Control in Health-care Facilities. MMWR 2003; Vol. 52, No. RR-10. [http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5210a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5210a1.htm)

Illinois Department of Public Health materials for MRSA:

• Basic Hygiene Guidelines for the Prevention of Staphylococcal Infections in Schools [http://www.idph.state.il.us/health/infect/hygiene.htm](http://www.idph.state.il.us/health/infect/hygiene.htm)

• Recommendations for the Prevention of Staphylococcal Infections for Schools [http://www.idph.state.il.us/health/infect/schoolstaphrecs.htm](http://www.idph.state.il.us/health/infect/schoolstaphrecs.htm)

• IDPH Health Beat Fact Sheet on MRSA [http://www.idph.state.il.us/public/hb/hbmrsa.htm](http://www.idph.state.il.us/public/hb/hbmrsa.htm)