

# **Best Practices for Preventing Skin Infections**

### Types of skin infections:

Bacterial skin infections: Caused by "Strep" or "Staph"

**Examples:** Impetigo and MRSA

**Symptoms:** redness, swelling, pain, or pus





**Viral skin infections:** Caused by Herpes Simplex Virus Type-1 (HSV-1)

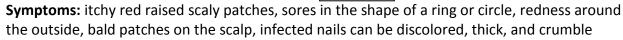
**Examples:** Herpes Gladitorium (Mat Herpes)

**Symptoms:** fever, swollen glands, blisters surrounded by redness



Fungal skin infections: Caused by a dermatophyte

**Examples:** Ringworm (Tinea)



### What should athletes do if they have a rash or skin infection

- Tell parent or guardian, coach, and/or school nurse
- Have medical personnel diagnose and prescribe appropriate treatment
- Do not practice or compete until cleared by the Chief School Medical Officer.
- Do not cover the affected area and continue to practice or compete

#### How can coaches and trainers prevent the spread of skin infections

- Examine athletes before each practice and competition for any skin irregularities
- Know and use proper hand washing hygiene, teach these techniques to all of your student-athletes
- Educate student-athletes on appropriate wound management
- Provide enough clean towels so that student-athletes do not have to share

#### What can student-athletes do to prevent skin infections

- Report any skin lesions or sores to the appropriate adults
- Have rashes or sores examined by appropriate health care provider
- Wash hands, towels, uniforms, and clothing frequently
- Shower before and after practice
- Do not share deodorant, lotions, ointments, gels, or creams

### What can schools do to prevent skin infections

- Environmental surfaces should be cleaned and disinfected on a regular basis
- Repair or discard equipment with damaged surfaces
- Cover treatment tables
- Wash towels and clothing with laundry detergent and hot water (min 160 degrees)

Recorded Skin Infection Webinar: <a href="https://www.nysphsaa.org/safety">www.nysphsaa.org/safety</a>

#### Sources:

#### **NYSDOH:**

• Health Advisory: Prevention of Methicillin-Resistant Staphylococcus Aureus (MRSA) Infections in the School Setting:

http://www.nyhealth.gov/diseases/communicable/staphylococcus aureus/methicillin resistant/community associ ated/health advisory 2008-12-09.htm

#### CDC:

- Group A Streptococcal (GAS) Disease (includes impetigo): http://www.cdc.gov/ncidod/dbmd/diseaseinfo/groupastreptococcal g.htm
- Community Associated MRSA (CA-MRSA) Information for the Public: http://www.cdc.gov/ncidod/dhqp/ar mrsa ca public.html
- National MRSA Education Initiative: Preventing MRSA Skin Infections: <a href="http://www.cdc.gov/mrsa/">http://www.cdc.gov/mrsa/</a>
- Methicillin-Resistant *Staphylococcus aureus* (MRSA) among Athletes: http://www.cdc.gov/ncidod/dhqp/ar MRSA AthletesFAQ.html
- Environmental Management of Staph and MRSA in Community Settings: http://www.cdc.gov/ncidod/dhqp/ar\_mrsa\_Enviro\_Manage.html
- Morbidity and Mortality Weekly Report (MMWR) Epidemiologic Notes and Reports Herpes Gladiatorum at a
  High School Wrestling Camp—Minnesota: <a href="http://www.cdc.gov/mmwr/preview/mmwrhtml/00001552.htm">http://www.cdc.gov/mmwr/preview/mmwrhtml/00001552.htm</a>
- Dermatophytes (Ringworm): <a href="http://www.cdc.gov/nczved/divisions/dfbmd/diseases/dermatophytes/">http://www.cdc.gov/nczved/divisions/dfbmd/diseases/dermatophytes/</a>
- Ringworm and Animals: <a href="http://198.246.98.21/healthypets/diseases/ringworm.htm">http://198.246.98.21/healthypets/diseases/ringworm.htm</a>

### MedlinePlus (National Library of Medicine [NLM] and the National Institutes of Health [NIH]):

- Impetigo: <a href="http://www.nlm.nih.gov/medlineplus/impetigo.html">http://www.nlm.nih.gov/medlineplus/impetigo.html</a>
- Herpes Simplex: <a href="http://www.nlm.nih.gov/medlineplus/herpessimplex.html">http://www.nlm.nih.gov/medlineplus/herpessimplex.html</a> and <a href="http://www.nlm.nih.gov/medlineplus/ency/article/001324.htm">http://www.nlm.nih.gov/medlineplus/ency/article/001324.htm</a>
- Ringworm: <a href="http://www.nlm.nih.gov/medlineplus/ency/article/001439.htm">http://www.nlm.nih.gov/medlineplus/ency/article/001439.htm</a>

### National Institute of Allergy and Infectious Diseases (NIAID):

Impetigo: <a href="http://www.niaid.nih.gov/topics/impetigo/pages/default.aspx">http://www.niaid.nih.gov/topics/impetigo/pages/default.aspx</a>

## **US Food and Drug Administration (FDA):**

New Ointment Treats Impetigo: http://www.fda.gov/downloads/ForConsumers/ConsumerUpdates/ucm048859.pdf

#### Allegheny County (Pennsylvania) Health Department (ACHD):

• Mat Herpes: A Fact Sheet: <a href="http://www.achd.net/factsheet/mat.html">http://www.achd.net/factsheet/mat.html</a>

### **Mayo Clinic:**

• Contact Dermatitis: <a href="http://www.mayoclinic.com/health/contact-dermatitis/DS00985">http://www.mayoclinic.com/health/contact-dermatitis/DS00985</a> Impetigo: <a href="http://www.mayoclinic.com/health/impetigo/DS00464">http://www.mayoclinic.com/health/impetigo/DS00464</a>