

**New York State Department of Health
MRSA Guidelines**

- Do not share bars of soap, razors, towels, or any personal items that come in contact with bare skin and always use a barrier between your skin and shared surfaces such as weight training equipment
- Wash all workout/uniform gear after all practices/competitions
- Practice good hygiene by keeping your hands clean. Wash them often with soap and water or use a hand sanitizer. Shower immediately after participating in exercise, workouts, practices and competitions.
- Cover skin abrasions/cuts with clean dry bandages until healed (especially if they are draining)
- Refrain from cosmetic shaving
- Never touch another person's wound, infected skin, or soiled bandage. If this does occur accidentally, immediately wash with soap and water.
- Maintain a clean environment by establishing cleaning procedures for frequently touched surfaces that come in direct contact with skin. Certain sports require cleaning equipment before each use.
- Notify parents/guardians and coaches of any student with skin sores that should be evaluated by a health care provider. Infected persons should not return to school/work unless and until they are told to do so by their healthcare professional. If antibiotics are prescribed, its course should be completed and the lesion should be covered until it is completely healed.