

MRSA

Baylor SportsCare

We'll give you a healthy advantage.

Baylor SportsCare provides the winning combination of education, prevention, medical coverage and sports medicine for athletes of all ages.

- Access Baylor Health Care System specialized sports medicine physicians* and services throughout the Metroplex
- Medical coverage at games and events utilizing physicians, nurses and licensed athletic trainers
- Educational programs on injury prevention & performance enhancement
- Comprehensive medical support for groups, teams and individuals

For more information about SportsCare, or for help in finding a physician who is right for you, contact your local SportsCare representative at

(469) 814-2165

or call **1-800-4BAYLOR** and ask for "Baylor SportsCare"

*Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor University Medical Center or Baylor Health Care System. CE 12.07

Definition

MRSA refers to a bacterial infection that is highly resistant to some antibiotics. MRSA is a strain of Staphylococcus aureus bacteria. S.aureus is a common type of bacteria that normally live on the skin and sometimes in the nasal passages of healthy people. MRSA refers to strains that do not respond to some of the antibiotics used to treat staph infections.

Causes

The bacteria can cause infection when they enter the body through a cut or sore. The infection can be minor and local (a pimple), or more serious (involving the heart, lungs, blood or bones). These infections have occurred among athletes who share equipment, mats or personal items (such as towels or razors). Those who get tattoos are also at risk.

Symptoms

Staph skin infections cause a red, swollen, and painful area on the skin. Other symptoms include:

- Drainage of pus or other fluids from the site
- Fever
- Skin abscess
- Warmth around the infected area

Symptoms of a more serious staph infection may include:

- Chest pain
- Chills
- Cough
- Fatigue
- Headache
- Muscle aches
- Rash
- Shortness of breath

When to Contact a Medical Professional

- A wound seems to get worse rather than heal
- You have any other symptoms of staph infection

Treatment may range from simply draining the skin sore to a series of antibiotics or other treatments. Always finish all doses of antibiotics you have been given.

Prevention

- Wash your hands frequently
- Do not share personal items such as towels or razors with another person—MRSA can be transmitted through contaminated items.
- Cover all wounds with a clean bandage, and avoid contact with other people's soiled bandages.
- If you share sporting equipment, clean it first with antiseptic solution.
- Avoid common whirlpools or saunas if another participant has an open sore.
- Make sure that shared bathing facilities are clean.