



### Wound Care

Staph infections such as MRSA can proliferate in athletic settings. Skin-to-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.

- If a wound looks suspicious or isn't healing normally, send the athlete to a doctor or to the hospital to have it cultured and tested for MRSA.



- Educate athletes and coaches about first aid for wounds and teach them how to recognize wounds that may be infected. Follow all other MRSA prevention guidelines and recommendations issued by the NATA and the CDC.

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