



## Tips for Parents

As the parent of a student-athlete, you'd do anything to keep your child safe. When it comes to preventing MRSA, a potentially serious bacterial infection, a few common-sense preventative measures can make a big difference.

### Here are some ways to help your child avoid the risks of MRSA:



- Launder workout clothing and uniforms after each use, using hot water and detergent.
- Clean any equipment your child brings home, and designate a place where it can thoroughly dry out after each use. Wet padding and other equipment left in a gym bag creates an ideal environment for MRSA bacteria to grow.
- Encourage frequent hand washing with antibacterial soap. Clean hands are a key defense against the spread of infection.
- Tell your child to shower immediately after practice or competition, especially if he or she participates in a contact sport.
- Any time your child has a skin wound, clean and treat it with an antiseptic. Make sure it remains covered until it is fully healed since MRSA usually enters the body through an unprotected break in the skin.
- Make sure your child reports all skin wounds, no matter how minor, to a coach, athletic trainer, school nurse, or someone else who can decide whether medical attention is warranted. If it's infected with MRSA, early detection is critical.

