

Staph Infection:

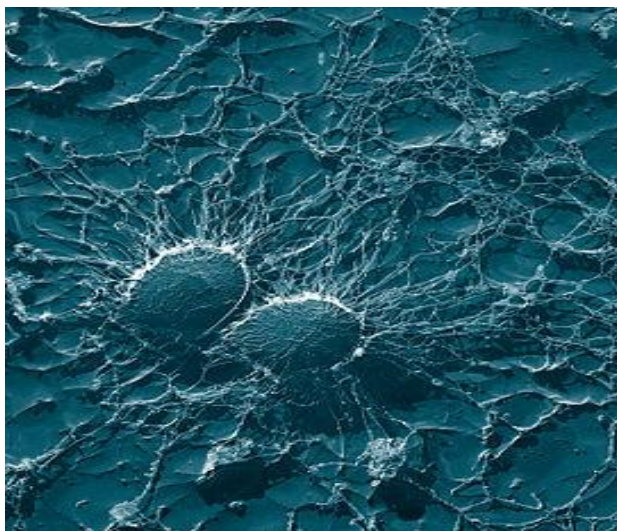
How to Prevent the Outbreak

By: Amanda Goodwin

After the media frenzy over staph in schools last year, I think that in the heart of the football season it is a good time to refresh the athletic staff and athletes as well as others, both staff & student in the district of what staph infection is, why it is a danger and how to prevent from getting an outbreak amongst students.

What is staph infection?

Staph infections are caused by the *Staphylococcus aureus* bacteria. *Staphylococcus aureus* literally means “Golden Seed Cluster”. It is a spherical bacterium, frequently living on the skin or in the nose of a person. Approximately 20%-30% of the general population is a carrier of “Staph”.



Common Diseases or Conditions Associated with Staph:

- ~ Pimples or acne
- ~ Impetigo
- ~ Furuncles (boil)
- ~ Skin Abscesses
- ~ Hordeolum (stye)
- ~ Meningitis
- ~ Toxic Shock Syndrome
- ~ Septicemia

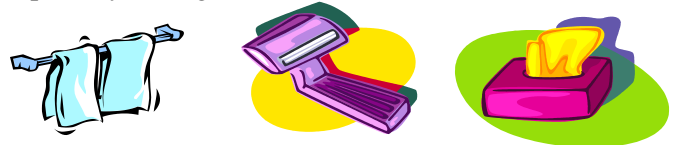
What causes Staph Infection?

Direct Infection- most of the typical staph skin or surface infection.

Toxins produced by the bacteria- once the bacteria enter the body. This causes problems like food poisoning or toxic shock syndrome.

How is it spread?

Staph is very easily spread. Most prominent way of spreading is through direct skin-to-skin or skin-surface-skin contact. It can also be spread through infected material such as towels, razors, sports equipment, furniture and more. A couple of recent outbreaks among football players began when one team member had a boil, and the infection was spread to other team members. It is very important to educate the students on this infection and emphasize the need for good hygiene and care of their own self to help prevent outbreaks, especially amongst athletes.



How do you identify if someone has Staph and what about MRSA?

In order to properly identify any type of staph infection, a sample must be taken and cultured in a Mannitol Salt Agar, which is a selective medium of 7-9% NaCl (Sodium Chloride). This culture is usually done after a gram stain test is performed.

MRSA & CA-MRSA

Methicillin resistant *Staphylococcus aureus* (MRSA) is a type of bacteria that is resistant to certain antibiotics. These antibiotics include methicillin and other common antibiotics such as oxacillin, penicillin and amoxicillin.

MRSA infections that occur in otherwise healthy people who have not been recently (within the past year) hospitalized or had a medical procedure (such as dialysis, surgery, catheters) are known as community-associated (CA) – MRSA infections. These infections are usually skin infections, such as abscesses, boils and other pus-filled lesions.

What is the Best Defense?

Prevention #1-



Good hygiene. That is the number one factor in limiting and preventing a staph outbreak. Educate and encourage your students to wash their hands prior to eating, after using the restroom and after recess.

Also encourage athletes to shower after practices or events to remove any bacteria that could have come in contact with the skin.

Prevention #2-



Keep parts of the skin that have been injured (like cuts, scrapes, poison ivy, eczema and rashes caused by allergic reactions) clean, dry and covered with bandages. **Do NOT** leave these areas exposed.

Prevention #3-



Keep personal items personal. Do not share personal items or sports equipment, such as razors, towels, clothing and make-up.

This should include towels during practices and during games.



Prevention #4-

Educate your nurses, coaches and training staff about warning signs and how to properly handle or treat and infected area.



Prevention #5-



Sanitation/ Custodial Practices- Sanitizing surfaces where the bacteria could exist is a very important factor in prevention. There are many products out there, some are alcohol-based and there are some referred to as quats (quaternary ammonium cations). A bleach solution works very well too, one part bleach to 9 parts water.

Conclusion:

Based on all this information it is evident that staph infection outbreaks can be prevented through proper sanitation practices, educating staff and students, primarily those involved with athletics, about what a staph infection is and how to keep oneself from either passing the bacteria on to another student (if a carrier) or



not getting a staph infection from a carrier. Given the bacteria's nature to easily spread from person to person and tendency to stay on surfaces, some for up to two weeks, it is a very good idea to develop a plan of action in case there is an outbreak.

Although common staph infections are generally easy to treat with antibiotics it still is important to keep those infections to a minimum and to eliminate the possibility of passing it along. If you have any questions about Staph infections or would like to discuss an issue within your district, please contact your OnSite Representative.

Have a great Fall Football season. Remember to keep those lockers rooms and all equipment clean and sanitized! **GO! FIGHT! WIN!**

➤*Department News:*

OnSite wants your feedback.

◆ In the next few weeks the TASB Planning and Research Department will be e-mailing out an OnSite Services customer satisfaction survey. Please take the time to fill this out. Your opinions and input are extremely important to us as we strive to offer the services and expertise that your district needs.

◆ Would you or your district be interested in assistance from OnSite in utility bill auditing, tracking, and reporting? If so please contact Melissa Coats at OnSite, 1-800-580-8272 ext. 2024 or at melissa.coats@tasb.org.

As always please feel free to share our newsletter with others within your district or other districts that are not members of the OnSite group. If you have any questions, please call us at 1-800-580-8272 ext. 4154 or e-mail us at onsite@tasb.org.



Upcoming OnSite Training Opportunities

November			
November 11	Rio Brazos Co-Op (Region 12) Asbestos Designated Person	8 hours	8 a.m.- 5 p.m.
November 12	IPM Coordinator	6 hours	8 a.m.- 3 p.m.
November 13	IAQ Coordinator	6 hours	8 a.m.- 3 p.m.
December			
December 16	Austin TX (TASB Campus) Grounds Management	7 hours	8 a.m.- 4 p.m.
December 17	Hazardous Materials Coordinator	6 hours	8 a.m.- 3 p.m.
December 18	IAQ Coordinator	6 hours	8 a.m.- 3 p.m.
January 2009			
January 13	Austin TX (TASB Campus) Asbestos Designated Person	8 hours	8 a.m.- 5 p.m.
January 14	IPM Coordinator	6 hours	8 a.m.- 3 p.m.
January 15	Environmental/Facilities Regulatory Compliance	6 hours	8 a.m.- 3 p.m.
February			
February 3	Splendora ISD (Region 6) Asbestos Designated Person	8 hours	8 a.m.- 5 p.m.
February 4	IPM Coordinator	6 hours	8 a.m.- 3 p.m.
February 5	IAQ Coordinator	6 hours	8 a.m.- 3 p.m.
April			
April 14	San Angelo ISD (Region 15) Asbestos Designated Person	8 hours	8 a.m.- 5 p.m.
April 15	IPM Coordinator	6 hours	8 a.m.- 3 p.m.
April 16	IAQ Coordinator	6 hours	8 a.m.- 3 p.m.
April			
April	Frisco ISD (Region 10) Asbestos Designated Person	8 hours	8 a.m.- 5 p.m.
April	IPM Coordinator	6 hours	8 a.m.- 3 p.m.
April	IAQ Coordinator	6 hours	8 a.m.- 3 p.m.
May			
May 12	Austin TX (TASB Campus) Grounds Management	7 hours	8 a.m.- 4 p.m.
May 13	Hazardous Materials Coordinator	6 hours	8 a.m.- 3 p.m.
May 14	IAQ Coordinator	6 hours	8 a.m.- 3 p.m.
July			
July 21	Austin TX (TASB Campus) Asbestos Designated Person	8 hours	8 a.m.- 5 p.m.
July 22	IPM Coordinator	6 hours	8 a.m.- 3 p.m.
July 23	Environmental/Facilities Regulatory Compliance	6 hours	8 a.m.- 3 p.m.

Fees: OnSite Members *FREE*

Non-members:

Asbestos Designated Person	\$425
IPM Coordinator	\$425
IAQ Coordinator	\$425
Grounds Management	\$425
Environmental/Facilities	\$325
HAZCOM Coordinator	\$325

Contact OnSite:

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Please check the web-site for additional information

