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cchealth.org

K-12 Recommendations for Methicillin-Resistant Staphylococcus Aureus (MRSA) Infection

Contra Costa County works closely with K-12 school partners to keep students, staff, and their families safe and healthy. MRSA should be reported to your local Public Health Department when outbreaks, hospitalizations or deaths occur.


Symptoms:

Most MRSA infections are skin infections that typically cause local redness and warmth of the infected area with or without pus/drainage. These infections commonly occur at sites of visible skin trauma, such as cuts and abrasions, and areas of the body covered by hair (e.g., back of neck, groin, buttock, armpit). Localized infections include boils, impetigo, cellulitis, and wound infections. More serious infections, such as pneumonia, bloodstream infections, or bone infections, are very rare in healthy people who get MRSA skin infections.

What can you do to prevent MRSA:

- Encourage careful and frequent hand washing with soap and water - the single most effective way to control spread of MRSA.
- Encourage students to keep their fingernails clean and clipped short.
- Avoid contact with other people's wounds or anything contaminated by a wound.
- Avoid sharing personal items such as razors, body jewelry, towels, deodorant, or soap that directly touch the body.
- Clean and disinfect objects (such as gym and sports equipment) before use.
- Wash dirty clothes, linens, and towels with hot water and laundry detergent. Using a hot dryer, rather than air-drying, also helps kill bacteria.
- Encourage students who participate in contact sports to shower immediately after each practice, game, or match.
- Keep open or draining sores and lesions clean and covered. Anyone assisting with wound care should wear gloves and wash their hands with soap and water after dressing changes.

What to do if you get MRSA:



MRSA is treated with antibiotics. Children with draining sores should not participate in any activities where skin-to-skin contact is likely to occur until their sores are healed. This means no contact sports.

For more information, please contact Contra Costa Public Health at 925-313-6740 or visit our website at <https://www.cchealth.org/health-and-safety-information/communicable-disease-program>.

For CDPH school guidance please visit

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Schools/SymptomGuidance.aspx>.