



## Collinsville Community Unit School District No. 10

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201 West Clay Street • Collinsville, Illinois 62234 • 618-346-6350 • Fax 618-346-6357

### **WHAT IS STAPH AND MRSA?**

*Written by Lisa Sabatino, CUSD10 Certified School Nurse*

#### **Description**

Staphylococcus aureus, commonly referred to as “staph,” are bacteria carried on the skin or in the nose of healthy people. Approximately 25-30% of the population carries staph bacteria on the skin and in the nose without causing infection. Infections can start when staph bacteria get into any break in the skin. Most of these skin infections are minor (often mistaken as a pimple, boil, or spider bite) and can be treated with antibiotics. Some staph bacteria are resistant to antibiotics. This type of staph is known as Methicillin Resistant Staphylococcus Aureus (MRSA). Only 1% of the population has this type of staph. This type of staph is more difficult to treat.

#### **Prevention**

The best defense against staph/MRSA, as well as other communicable diseases, is frequent, proper hand washing. Students, staff, and families in school and home settings should wash their hands frequently throughout the day. Always avoid wound drainage from an infected person. Use universal precautions if you must assist with wound cleansing or dressing changes. These precautions include the use of gloves, the proper disposal of gloves/soiled dressings, and hand washing). Seek medical treatment for any suspicious wounds (especially those with drainage). Encourage athletes to avoid contact with wound drainage or items contaminated with wound drainage (towels, pads, or equipment). Athletes should also wash their hands or shower after every practice or game.