

Instructions for Athletic Departments for prevention of the spread of skin borne bacterial lesions and rashes.

PREVENTION STRATEGIES

HAND WASHING IS THE SINGLE MOST IMPORTANT BEHAVIOR IN PREVENTING INFECTIOUS DISEASE. EMPHASIZE THIS TO YOUR ATHLETES. HANDS MUST BE CLEAN BEFORE YOU TOUCH YOUR EYES, MOUTH, NOSE, OR ANY CUTS OR SCRAPES ON THE SKIN. YOU ARE THE ROLE MODEL! WASH YOUR HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER FREQUENTLY.

Handwashing Procedure:

1. Use warm water.
2. Wet hands and wrists.
3. Using a bar or liquid soap.
4. Work soap into a lather and wash between fingers, up to wrists, and under fingernails for at least 15 seconds.
5. Dry, using a clean cloth towel or paper towel.
6. Provide and encourage the use of alcohol-based hand sanitizers to wash hands immediately if they come in contact with any body fluid on the playing field or at other places where hand-washing facilities are not available.

Wash your hands as described above:

1. After sneezing, blowing, or touching the nose.
2. After using the toilet.
3. Before leaving the athletic area.

OTHER PRECAUTIONS

1. Do not share towels, soap, or other personal care items.
2. Shower with soap and water as soon as possible after direct contact sports.
3. Dry using a clean, dry towel.
4. **Do not share towels, even on the sidelines at the match, meet or game.**
5. Ointments or antibiotics must not be shared.
6. Prewash or rinse items that have been grossly contaminated with body fluids.
7. Wash towels, scrimmage shirts, and any other laundry in hot water and ordinary detergent and dry on the hottest cycle.
8. **Inform parents of these precautions if laundry is sent home** (laundry must be in an impervious container or plastic bag for transporting home).
9. **Clean the athletic area and sports equipment at least weekly using a commercial disinfectant or a fresh (mixed daily) solution of one part bleach and 100 parts water (1 tablespoon bleach in one quart of water).**

Your facilities should introduce a policy in which students must inform the athletic trainer or coach if they have a skin infection and in which students will not participate in contact activities until the nurse/nurse practitioner/physician has approved their return to the activity.

HOW TO TAKE CARE OF WOUNDS

AT HOME

1. **The athlete must avoid direct contact with others until the wound is no longer draining and has been instructed by a physician to resume usual activities.**
2. The wound must remain covered. The dressing must be changed at least twice a day or more frequently if drainage is apparent. Soiled dressings may be disposed of in household trash.
3. The athlete must wash hands frequently, especially before and after changing band-aids, bandages, or wound dressings.
4. Isopropyl alcohol should be used to disinfect reusable materials, such as scissors or tweezers.
5. All items that come in contact with the wound must be disinfected with a fresh (daily) mix of one tablespoon of household bleach to one quart of water or a phenol-containing product such as Lysol™ or Pinesol™. A phenol-containing spray can also be used to disinfect any cloth or upholstered surface.
6. The athlete must have a designated chair or area for sitting. It should have a hard surface or an easily cleaned plastic or similar cover for easy disinfection. No one else should sit here until the persons wound has healed. The chair should be disinfected after the athlete sits on it.

7. Utensils and dishes should be washed in the usual manner with soap and hot water or using a standard home dishwasher.
8. Laundry should be carried away from the body in a plastic or other lined bag that will not allow wet articles to drain through.
9. All clothing, towels, and linens that come in contact with the wound should be handled separately from those of other members of the household. This includes using a separate hamper.
10. Articles that come in contact with the wound should be washed in hot water with the usual detergent.
11. Clothing should be dried thoroughly using the hottest possible setting.
12. Change towels and linens daily if possible.

AT SCHOOL

1. Instruct the athlete to carry and use an alcohol-based hand sanitizer when soap and water are not available. **Do not allow athletes with draining wounds or infections to participate in practice or games until the wound has stopped draining**, and they have been examined by a nurse practitioner or physician
2. Permit the athlete to participate in non-contact activities if wounds are covered and the infected person observes good hygienic practices; washing hands, showering, and laundering clothes.
3. **Clean sports equipment or any part of the athletic area that comes in contact with the wound with commercial disinfectant or fresh solution of diluted bleach before any other athlete comes in contact with the equipment or area.**
4. Athletic trainers or others who care for the wound should use clean sterile gloves.
5. Put on clean gloves just before touching broken skin.
6. Remove gloves promptly after use and discard before touching uncontaminated items and environmental surfaces and before treating another athlete.
7. Wash hands immediately after contact with the wound even if gloves were worn.
8. Wash hands between tasks and procedures on the same athlete to prevent cross-contamination of different body sites.
9. Cover treatment tables. Discard or launder coverings after each use.
10. Place disposable items that have come in contact with the infected site in a separate trash bag and close the bag before placing in the common garbage.
11. Do not give other team members prophylactic antibiotics