

## WHAT IS MRSA?

Staph infections, including MRSA, can cause skin infections that initially appear as a pimple or boil. They will become red, swollen and painful, or have pus or other drainage.

Characterized a “superbug”, MRSA is a virulent staph infection that resists antibiotics and can cause pneumonia or bloodstream and wound infections. Recently, a more toxic strain, PVL MRSA, has been linked to several fatalities.

## HOW & WHERE DOES IT SPREAD?

- Staph bacteria and MRSA are becoming more prevalent in locker rooms, washrooms, training and work out areas.
- They can spread through direct physical contact of the staph bacteria with a break in the skin.
- It spreads through inanimate objects exposed to staph bacteria such as clothing, carpet & furniture.



## IN THE WORLD OF ATHLETES

Each season, MRSA incidents are rising in locker rooms, washrooms, training and work out areas. NOW IS THE TIME TO DO SOMETHING MORE THAN CLEAN!

### PREVENTION ACTIVITIES

Several ways to minimize the exposure:

- Do not share towels, soap, or other personal items.
- Shower with soap and water immediately after direct contact sports.
- Dry using a clean, dry towel.
- Ointments or Antibiotics MUST NOT be shared.
- Wash towels, uniforms, scrimmage shirts, and any other laundry in HOT water and ordinary detergent and dry thoroughly on the HOTTEST allowable cycle.
- Inform parents of these precautions; if laundry is sent home, it must be placed in a plastic bag for transporting, separating soiled laundry from other items in the athlete's bag.
- Clean the athletic area and sports equipment at least WEEKLY using a fresh solution of 1:100 diluted bleach to water (1 tablespoon bleach in 1 quart of water, mixed daily) or by using Lysol® or Pine-Sol®.
- Consider wearing gloves when working with soiled laundry items.
- Clean treatment tables between each use.

### PREVENTION IN FLOORING

- Opposed to carpet, use a non-porous, waterproof rubber surface to keep bacteria from growing. During the production process, Mondo's rubber flooring is subjected to a high degree of compression that guarantees a unified, non-porous, waterproof construction.
- Mondo rubber flooring is comprised of materials that are naturally antibacterial and antimicrobial—thus bacteria cannot grow or thrive in this flooring.
- Use flooring that is cleat & spike resistant.
- Use flooring that meets ADA requirements for slip resistance (wet or dry).

### RECOMMENDED FLOORING

Request Product Information for:

Weight room(s): Sport Impact, Ramflex

Locker Room(s)/Washroom(s): Sport Impact, Ramflex, Terranova, Harmoni, Punti & Natura



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