

Camp West 2008
MRSA
(Methicillin resistant staphylococcus aureus)

1. What is MRSA?

- A multi-drug resistant organism that is resistant to most commonly used antibiotics
- Responsible for skin infections and occasionally severe invasive disease
- Transmitted primarily by direct and indirect contact with contaminated items and through direct physical contact.

2. What does it look like?

- Lesions resemble pimples, abscesses, pustules or boils that occur at sites with a cut or abrasion in the skin. Most often occurs in places on the body that are covered by hair.
- Lesions are characterized by redness, swelling, hardness, draining, pain
- Often mistaken for spider bites because of the necrotic tissue near the wound

3. How is it spread?

5 “Cs” of spread

- Crowding
- Contact with the skin
- Compromised skin
- Contaminated items or surfaces
- Cleanliness problems

4. Are there any special risk factors?

- Children and older people
- African American, Native American, Alaskan Native, Pacific Islander
- Involvement in sports
- Living in crowded conditions
- Frequent past antibiotic use
- Weakened immune system
- Association with healthcare workers

5. How is it treated?

- Draining the abscess
- Treating with antibiotics in some cases (does respond to some medications).
- Seeking medical treatment for wound infections or lesions so the organisms causing them can be screened

6. How can it be prevented?

- Good hygiene especially hand washing
- Covering skin trauma
- Not sharing personal items

7. What should camps do?

- a. **Train staff** in MRSA prevention and intervention.
 - Wash your hands
 - Don't share personal items that come in contact with your bare skin such as towels
 - Keep wounds covered
 - Shower with soap after athletic activities or contact games

- Use a barrier between your bare skin and public surfaces with shared use such as locker room and shower benches
 - Do not participate in athletic or contact activities if you have a draining wound
 - If you have a cut or sore, wash linens and athletic clothes in hot water and dry in hot dryer
 - Wash athletic clothes after each use
 - If you have an infected cut or sore, seek medical attention
- b. **Review good hand washing techniques** with all campers and staff and be sure there are sufficient hand washing stations, either soap and water or alcohol based sanitizer, throughout the premises.

CDC recommended hand washing procedures are as follows:

Hand washing technique

1. Use warm water and wet hands and wrists
2. Use a bar or liquid soap (antimicrobial soap is not necessary to remove MRSA)
3. Work soap into a lather and wash palms, back of hands up to wrists, between fingers, around thumbs, and under fingernails for at least 15 seconds (about the time it takes to sing “Happy Birthday” or “Row, Row, Row Your Boat”)
4. Rinse well under warm, running water
5. Dry hands, using a disposable paper towel or hand-dryer

Hand sanitizer procedure:

1. Apply a dime sized amount of hand sanitizer to the palm of one hand
2. Rub hands together covering all surfaces of hands and fingers until all hand sanitizer is absorbed.

(To be effective, hand sanitizers must be at least 60% alcohol (check label) and used on hands that are clear of visible dirt. If there is any visible dirt, hand sanitizers are not fully effective and hands should be washed with soap and water.)

When hands should be washed:

1. Whenever there is bare skin contact with others or with shared surfaces or equipment
2. After sneezing, coughing, blowing or touching nose
3. Before and after touching wounds, the mucous membranes of your eyes, nose, or mouth, or non-intact skin like acne, boils and skin rashes
4. After using the restroom
5. Before preparing food, eating, or drinking

- c. **Establish routine housekeeping protocols** that maintain a clean environment by establish cleaning procedures for frequently touched surfaces especially those that come in contact with people’s skin. It is recommended these be done at least daily.

CDC & LAPHD recommendations -

1. For all nonporous surfaces, use EPA approved disinfectant (<http://epa.gov/oppad001/chemregindex.htm>)

Examples:

- a. Clorox Professional Products company
 - 409R
 - Clorox Ultra Bleach 2
- b. Lysol Brand Disinfectant Spray for Kitchen

2. For wood surfaces, use 1:10 dilution of household bleach and leave on surface for at least 10 minutes. Disinfect at room temperature and be sure surfaces are rinsed well before starting any heat.

- d. **Establish laundry procedures** for persons with cuts or wounds.
1. Wash in hot water of at least 160 degrees
 2. Dry in hot dryer

- e. **Establish health care procedures** that ask about skin problems on the camp health history and require campers and staff with open wounds to:
 1. Keep them covered
 2. Have them checked by health care personnel or staff daily.

- f. **Establish emergency protocols** for outbreaks of MRSA that include:
 - Health care
 - Housekeeping
 - Laundry
 - Isolation or removal from camp
 - Parent notification
 - Health department reporting as appropriate

8. Where can I get resources and educational materials?

- Centers for Disease Control and Prevention Posters
 - Don't give bacteria a free ride
 - Don't open the door to infection
 - Sharing isn't always caring
 - Is it a spider bite?
 - Take care of your skin: Tips for athletes
 - Who's playing defense
- Tacoma/Pierce County, WA
 - Tool kit for middle and high schools that may be useful for camps
- Los Angeles Dept of Public Health
 - Guidelines for facilities
- California Interscholastic Federation
 - Sports Medicine Alerts
 - Facility checklists
- California Department of Public Health
 - Parent's guides in multiple languages

9. Websites

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| • Centers for Disease Control | www.cdc.gov |
| • California Department of Public Health | www.cdph.ca.gov |
| • Los Angeles County Department of Public Health | http://lapublichealth.org |
| • California Interscholastic Federation | www.cifstate.org |
| • Mayo Clinic | www.mayoclinic.com |
| • Connecticut Department of Public Health | www.ct.gov |
| • Tacoma/ Pierce County Health Department | www.tpchd.org |
| • Oregon Department of Health Services | www.oregon.gov/DHS/ph |
| • Kaiser Network | www.kaisernetwork.org |

Go to the website of your own state department of public health and search for MRSA. Many will take you to the CDC website or the website of another state. Some will also have information specific to your state.