

# Infection Prevention Checklist (Staphylococcal Infection/MRSA)

## *General*

- Keep infections covered with clean, dry bandages.
- Wash hands frequently with soap and warm water or use an alcohol-based hand sanitizer.**
- Avoid sharing personal items (e.g., towels, washcloths, razors, and clothing).
- Wash linens and clothes with hot water and laundry detergent.**
- Dry clothes in a hot dryer rather than air drying.
- If you have an antibiotic-resistant staph skin infection, tell any healthcare providers who are treating you.**
- Don't take antibiotics for viral infections such as the cold or flu; if you are prescribed antibiotics for a bacterial infection, finish all the medication.
- Disinfect all common surfaces (e.g., countertops, tables, desks, chairs, door knobs computers, phones).**

## *Sports Teams*

- Exclude players with potentially infectious skin lesions from practice or competition if their wounds can't be covered.
- Shower and wash with soap and hot water after practice and competition.**
- Establish routine cleaning schedule for all sports equipment.
- Train coaches and athletes in first aid for wounds.**
- Encourage athletes to report skin lesions.
- Encourage coaches to assess athletes regularly for skin lesions.**
- Do not share soap, shampoo, towels, razors, washcloths, etc.
- Disinfect all sports equipment before AND after use.**
- Make sure all helmets, pads, etc. are cleaned and disinfected thoroughly before AND after use.

## *College Life*

- Do not share items such as bars of soap, cosmetics, razors, sheets, and towels.
- Separate personal clothing from others.**
- Wear flip flops in public bathrooms/showering facilities to protect your feet.
- Never walk around barefoot in dorms, classrooms, or anywhere.**
- Make sure to properly and thoroughly clean and disinfect your room daily.
- Wipe down any gym equipment before you use it, as well as after.**
- Discourage cosmetic body shaving among students as it causes small cuts in the skin which increases the risk of infection.
- Cover your mouth, using your arm NOT your hand when you cough/sneeze, throw the tissue away properly and wash your hands immediately.**