## 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

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Health Smart Live Well. Be Well.

Student Health Services: 716-286-8390