

Dear Parents,

New health issues are constantly arising. This is a FYI reminder for parents and students of some of these issues.

MRSA (Methicillin-Resistant Staphylococcus Aureus) is a type of staph infection that is resistant to most antibiotics. Most infections caused by staph are skin infections, such as pimples or boils. Staph skin infections can be red, painful, swollen or have pus or other drainage. More serious staph infections can also cause pneumonia and infections can also cause pneumonia and infections of the blood and joints.

What to do to prevent staph skin infections:

- Keep your hands clean by washing thoroughly with soap and water or using an alcohol-based gel.
- Keep cuts and scrapes clean and covered with a bandage until healed.
- Avoid sharing personal items such as towels or razors.
- Shower after working out, practices and games.

What to do if you have a skin infection:

- Cover the wound
- Talk to your Doctor
- Follow health care provider's instructions
- Wash your hands frequently

Ringworm

Ringworm is a contagious fungus infection that can affect the scalp, the body (particularly the groin), the feet, and the nails. Despite its name, it has nothing to do with worms. The name comes from the characteristic red ring that can appear on an infected person's skin. Ringworm is also called Tinea.

How can Ringworm be prevented?

Ringworm is difficult to prevent. The fungus is very common, and it is contagious even before symptoms appear.

Steps to prevent infection include the following:

- Educate the public, especially parents, about the risk of Ringworm from infected persons and pets.
- Keep common-use areas clean, especially in schools, day-care centers, gyms, and locker rooms. Disinfect sleeping mats and gym mats after each use.
- Do not share clothing, towels, hair brushes, or other personal items.

Impetigo

This is a yellow crusty sore that can infect all open sores. It usually begins as tiny blisters. It can be spread very easily by touching the sores or from clothing, towels, etc. that have been in contact with the scratched or infected skin.

What can be done to prevent Impetigo?

Simple cleanliness and prompt attention to minor wounds will do much to prevent impetigo.

Persons with impetigo or symptoms of GABS infections should seek medical care and if necessary begin antibiotic treatment as soon as possible to prevent spread to others.

Individuals with impetigo should be excluded from school, day care, or other situations where close person-to-person contact is likely to occur until at least 24 hours after beginning appropriate antibiotic therapy. Sharing of towels, clothing, and other personal articles should be discouraged.

If you should have a question please feel free to contact Becky Hyett at (582-5350 ext 4), or Jeri Stanford at (584-4174 or 587-8141).