

Health and Wellness Update

Fall 2007

MRSA

As you may have heard recently in the news media, there is currently a drug resistant type of staph infection. This 'Superbug' has been linked to community organizations across the nation. It is Methicillin Resistant Staphylococcus Aureus (MRSA) and is known as a virulent strain of staph due to its resistance to penicillin and other antibiotics, though it can be treated with other drugs. This particular strain infects about 90,000 Americans annually. Due to the attention in the news regarding staph infections, the Blue Springs School District is working diligently to follow the guidelines set forth by the Center for Disease Control for athletic departments and classrooms. The Blue Springs School District is making every attempt to prevent the spread of MRSA. We have taken the following precautions:

1. Surfaces such as desks and tables are cleaned daily with appropriate disinfectants.
2. Athletic areas are cleaned after events and practices with appropriate disinfectants.
3. Athletic equipment is cleaned after events and practices with appropriate disinfectants.
4. Uniforms should be washed after each practice and game.
5. We are asking that athletes shower after practice/games at school or once they get home.
6. We have discussed with students and staff the need for adequate hand washing and good hygiene.

In addition the Center for Disease Control (CDC) has some tips that may assist you and your family in the prevention of MRSA.

- Keep your hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer
- Keep cuts and scrapes clean and covered with a bandage until healed
- Avoid contact with other people's wounds or bandages
- Avoid sharing personal items such as towels or razors

Most staph and MRSA infections are treatable with antibiotics. If you are given an antibiotic, take all of the doses, even if the infection is getting better, unless your doctor tells you to stop taking it

Do not share antibiotics with other people or save unfinished antibiotics to use at another time

We have one possible case of this in the Blue Springs School District and we are trying very hard to be proactive in our approach to this issue. If you have any questions about this you may contact one of our district registered nurses or your building principal.

For more information from the CDC you can visit:

http://www.cdc.gov/ncidod/dhqp/ar_mrsa.html

Center for Disease Control tips that may assist you and your family in the prevention of MRSA.

- Keep your hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer.
- Keep cuts and scrapes clean and covered with a bandage until healed.
- Avoid contact with other people's wounds or bandages.
- Avoid sharing personal items such as towels or razors.

What does MRSA look like?

Staph bacteria, including MRSA, can cause skin infections that may look like a pimple or boil and can be red, swollen, painful, or have pus or other drainage. More serious infections may cause pneumonia, bloodstream infections, or surgical wound infections. If, after visiting your healthcare provider, the infection is not getting better after a few days, contact them again. If other people you know or live with get the same infection tell them to go to their healthcare provider.

Learn More About MRSA

Public Health and Wellness
Information Night

Featuring Dr. Joseph Mackey
of Blue Springs Family Care Center

November 1, 2007

7:00 p.m.

Blue Springs High School PAC
Open to all community
and district residents