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CA-MRSA is a type of skin infection caused by resistant Staph bacteria. These infections can become more severe or even life-threatening if not treated right away. CA-MRSA is spread through close physical contact with an infected person or by touching things contaminated with Staph (e.g. towels, sheets, creams, wound dressings, or sports equipment).



The infected area usually starts out as a small bump that looks like a pimple or spider bite that becomes larger, redder, and often develops pus.

Here are things YOU can do to help prevent and control the spread of CA-MRSA in a sport setting.

WASH your hands with soap and water **OFTEN** or use an alcohol-based hand rub (minimum 60%).

NEVER SHARE personal items (e.g. soap, towels, creams, razors, clothing, brushes, nail files).

CLEAN and disinfect all shared sports equipment after each use (e.g. mats, pads, helmets).

REPORT any suspicious sores to your doctor.

COVER all open sores with a bandage.