

## Wound Care

Skin wounds are one of the most common injuries in athletics. All wounds should be immediately cleaned and covered. Bandages should be changed regularly to prevent infection. Bandages and/or tape should be removed when bathing unless otherwise instructed by a physician or athletic trainer. Any skin lesion should be checked daily for signs of infection. If you believe the area is infected, contact a health care professional.

### Signs of infections:

- Redness
- Swelling
- Heat
- Pain
- Loss of function

### MRSA ALERT!

**MRSA** (methicillin-resistant staph aureus) is a form of staph infection resistant to most common antibiotics and can be very difficult to treat. This is a major concern in athletics because of how contagious it is. The amount of close contact in sports make it the perfect place to spread between people. If not dealt with, MRSA can have serious ramifications. More information found at LHSAA under "Sports Medicine Alert-MRSA."

### Preventing MRSA

- Shower after all practices.
- Do not share athletic equipment.
- Wash uniforms after each use.
- Cover all cuts and abrasions.
- Clean equipment and facilities regularly.

### Signs and Symptoms

- Increasing pain and warmth
- Presence of pus or pustules
- Hardness
- Increasing size, swelling, or redness
- Red streaks around the wound
- Fever, chills (flu like symptoms)