

Dear Parents and Guardians:

There has been a recent outbreak of the MRSA (**Methicillin-resistant [Staphylococcus aureus](#)**) in local schools. MRSA is an infection of this particular strain of staphylococcus aureus that becomes resistant to particular antibiotics. It is very communicable if proper precautions are not taken. We want you to be aware that there are things you can do at home to help prevent this potentially fatal disease.

- Insist on good hygiene: Shower daily, and after activity, especially any contact sports/activity. Good hand washing techniques, alcohol based hand sanitizers are also proven to work against MRSA.
- Have your child bring home practice/PE cloths daily, that includes shower towels for washing. (MRSA can live on these materials) If they wear protective padding: ie Hockey gear, make sure they are wearing clean clothing under them to avoid direct contact with the skin.
- Keep ALL cuts/wounds clean and covered, no matter how minor. This is where the infection enters the body.
- Keep commonly touched surfaces clean, ie door handles, counter tops, sink handles, toilet handles.
- Never share personal care items amongst others, even in your same household, including razors, and deodorant.

A lot of these are common practice for most, but if we all do our part to keep ourselves and those around us healthy, we can help prevent the spread of MRSA and other infections. Here at Nichols, the facilities have been educated on how to properly disinfect for MRSA.

Some common appearances of MRSA generally start as a series of pimples, boils, rash like or “spider bites” on the skin that quickly can turn into deep abscesses. They usually have drainage, but also may be dry. If you think your child may have anything, please contact myself, Bambi Horton, ATC or Nancy dePerio, RN at school, or your physician. Don’t wait, as this can be life threatening affecting the bones, joints, heart, lungs.

Thank you for your attention,

Bambi Horton, ATC
Certified Athletic Trainer
bhorton@nicholsschool.org
875-8212 x131