



Dallas County Health and Human Services

How to Prevent MRSA

Guidelines for Parents



MRSA is a type of staph infection that is resistant to certain types of antibiotics. Staph or Community-Associated MRSA (CA-MRSA) infections in the community are usually skin infections, that look like spider bites, pimples or boils, and occur in otherwise healthy people. Parents should encourage:

- Good hygiene, including showering before and after games/practices;
- Lots of hand washing with soap and warm water for 20 seconds (TIP: sing Happy Birthday twice while washing) or use alcohol-based hand sanitizers when soap and water is not available;
- Avoid the sharing of personal items such as towels;
- Wash uniforms separately;
- Cover any wounds and change dressing at least twice a day;
- Avoid touching other people's wounds or bandages;
- If someone has a wound that appears infected they should see a physician and have a culture done. Tell the physician your child plays sports and you are concerned about Community Acquired-Antibiotic Resistant Staph infection.

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