



News Release

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COACHES HANDOUT

The new strain of staff infection (MRSA, which stands for Methicillin-Resistant Staphylococcus Aureus is a strain of bacteria that is resistant to many antibiotics.) How it is passed from player to player?

It's is becoming so serious that Massachusetts Hockey believes it is imperative to address this strain to our Massachusetts Hockey family; How it is spread and preventative measures are there to reduce or even better stop it's transmission?

HOW IT IS SPREADING?

MRSA spreads when someone comes in contact with an infected person. Touching contaminated objects such as hockey equipment; drinking from shared water bottles, clothing and even sharing a towel can also transmit MRSA.

PREVENTION:

"Never share water bottles, towels or wash cloths because you could spread that bacteria back and forth to each other." It's been reported in the last few years that hockey players, both professional, college and amateur have all been infected with MRSA. Players should change their post-game routine. **"Clean pads, water bottles, uniforms, everything. Wash them after every use, practice, games etc. Keep everything clean. Wash your hands. Clean cuts, abrasions and disinfect any wound"**.

Experts say, we should no longer allow the inappropriate use of antibiotics "using them to treat colds and the flu has contributed to antibiotic resistance which seriously threatens all of our health".

There are so many informative websites that address this issue. You should become more informed. **"It's worth the time!"**

METHODS OF CLEANING EQUIPMENT:

A mixture of bleach and water (10X1) on hard surfaces such as kneepads and helmets is a good method, which works well. A spray disinfectant on the inner surfaces of equipment is available. Team members sharing water bottles must be stopped. Players/Parents must change their pre and post-game routine.



Return To Play