

Steam Rooms and Saunas

While using these facilities, attendees should:

- Use a towel or clothing to act as a barrier between the benches and bare skin

Facility staff should:

- Allow steam rooms/saunas to dry at least once a day to minimize the opportunity for growth of microorganisms

- Clean and disinfect surfaces daily

- Follow State of Wisconsin guidelines for swimming pools, spas and other basins or tanks

used for immersion by multiple persons (HFS 172 requires licensing of all pools/hot tubs open to the public)

- Clean and disinfect single-use immersion tanks or pools between uses according to manufacturer's instructions, using an EPA-registered detergent disinfectant or 1:100 solution of household chlorine bleach



Laundry

Staff in facility laundries should :

- Wear gloves when handling soiled linens
- Wash shared linens such as towels, sheets, blankets, or uniforms in detergent and warm water in a washing machine
- Use a mechanical dryer set on a warm to hot temperature cycle to dry towels, sheets, blankets or uniforms (avoid air drying)
- Towels, uniforms, sheets, and blankets should not be distributed until items are completely dry
- Designate separate bins for soiled and cleaned linens

Disinfection of Surfaces

All surfaces, including those found in steam-rooms, saunas, changing rooms, bathrooms, showers and other common areas should be cleaned and disinfected daily.

- Clean all surfaces according to manufacturers instructions using a product effective against Staph aureus and suitable for the type of surface being treated

- Ensure that the disinfectant solution is prepared to the proper concentration, that it remains on the surface for the recommended contact time and that it is disposed of after the recommended time

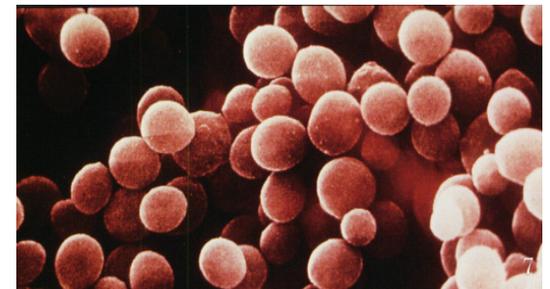
- A list of EPA registered products effective against Staph aureus is available at www.epa.gov/oppad001/list_h_mrsa_vre.pdf or by calling the Washington County Health Department.

For more information call

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ANTIBIOTIC-RESISTANT *Staph aureus* IN COMMUNITY SETTINGS



What is Staphylococcus aureus?

Staphylococcus aureus, or “staph” as it is often called, is a common bacterium found on the skin or in the nose of approximately 25-30% of all humans. Usually harmless, it sometimes causes moderate to severe skin infections or systemic infections which may require hospitalization.

One group of staph known as MRSA (methicillin-resistant *Staphylococcus aureus*) was first identified in the 1960s. It is resistant to multiple antibiotics and can be found in health care settings. It is known as health-care associated MRSA (HA-MRSA).

A newer form of staph, known as community-associated MRSA (CA-MRSA) is becoming more common within certain community populations. CA-MRSA now accounts for just over 10% of MRSA infections in the U.S.

Anyone can acquire CA-MRSA. Cases have been associated with athletes and those who use health clubs. Organisms can enter healthy, intact skin. Factors that increase the risk for CA-MRSA include close skin-to-skin contact (such as occurs with contact sports), contact with a cut or abrasion, or contact with contaminated shared equipment. Since staph can live on contaminated items for 24 hours or more, good hygiene and equipment care practices must be followed by everyone who uses a gym, health club or other exercise facility.

CA-MRSA can be the cause of skin or soft tissue infections in otherwise healthy people. It typically exhibits itself as pimples or boils, but the most serious form causes a severe, rapidly progressing and life-threatening skin infection. One in five people infected with CA-MRSA require hospitalization.

Personal Hygiene

While using a gym, exercise facility or health club, attendees and staff should:

- Wash hands using liquid soap and water upon entering and exiting the facility as well as before and after any hands-on contact with other people. Alternatively, an alcohol-based hand sanitizer can be used according to label instructions. (Note: visibly soiled hands should be washed with soap and water rather than an alcohol-based hand sanitizer)
- Dry hands with disposable paper towels or air blowers - avoid sharing towels
- Keep open skin lesions such as boils, insect bites, open sores, or cuts covered with a clean dry dressing
- Eliminate the sharing of personal items such as towels, clothing, uniforms and bar soap
- Use sports gloves, a towel, or a layer of clothing to create a barrier between the skin and shared equipment
- Shower if there has been substantial skin-on-skin contact with another person



Practice Good Hygiene

Shared Equipment

While using shared equipment participants should:

- Use spray bottles of disinfectant to wipe surfaces of equipment before and after use

Facility staff should :

- Ensure there is adequate disinfectant and tueling available
- Clean shared equipment surfaces daily with an EPA-registered detergent disinfectant according to manufacturer's instructions
- Repair or dispose of equipment and furniture with damaged surfaces that cannot be adequately cleaned
- Clean large surfaces including floors, table-tops, showers and dressing areas daily with an EPA-registered detergent disinfectant according to manufacturer's instructions
- Participate in ongoing assessment and training for appropriate disinfection practices at the facility



Disinfect Exercise Equipment Before and After Use