

GUIDELINES FOR THE REDUCTION OF THE SPREAD OF STAPHYLOCOCCAL INFECTIONS IN SCHOOL GYMNASIUMS/LOCKER ROOMS

I. Personal Hygiene

While on the school premises, athletics and staff should be encouraged to:

- Wash hands using liquid soap and water upon entering and exiting the premises and before and after any hands-on contact with other persons. Alternatively, an alcohol-based hand rub can be used according to label instructions. Visibly soiled hands should be washed with soap and water rather than an alcohol-based hand rub;
- Dry hands with disposable paper towels or air blowers (e.g. avoid sharing towels);
- Keep skin lesions (e.g., boils, insect bites, open sores, or cuts) covered with a clean dry dressing;
- Limit sharing of personal items (e.g., towels, clothing, and soap);
- Use a barrier (e.g., a towel or a layer of clothing) between the skin and shared equipment; and
- Shower if there has been substantial skin-on-skin contact with another person.

* Use of sports gloves is an option for barrier protection of the hands, provided that this is consistent with safe use of gym equipment.

II. Shared Equipment (e.g., exercise machines, benches and tables)

Students should be encouraged to:

- Use a towel or clothing to act as a barrier between surfaces of shared equipment and bare skin;
- Wipe surfaces of equipment with disinfectant before and after use, especially if the surface has become wet with sweat;
- Assist staff with the disinfection of frequently touched equipment surfaces if spray bottles of disinfectant are made available and instructions for use are provided.

Staff should be encouraged to:

- Consider making spray bottles of disinfectant available for students and staff to clean frequently touched surfaces of shared equipment between uses and provide instruction for the safe use of disinfectant;
- Clean shared equipment surfaces daily to remove soil;
- Disinfect shared equipment surfaces daily with an EPA-registered formula with bactericidal and virucidal properties according to manufacturer's instructions;
- Check with equipment manufacturers for recommendations on the appropriate maintenance of their products;

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- Repair or dispose of equipment and furniture with damaged surfaces that cannot be adequately cleaned;
- Clean large surfaces (e.g., floors and tabletops) daily with an EPA-registered detergent disinfectant (bactericidal/virucidal) according to the manufacturer's instructions; and
- Participate in ongoing assessment and training for appropriate disinfection practices at the facility.

III. Laundry

Staff should be encouraged to:

- Wash shared linens (e.g., towels, sheets, or uniforms) in detergent and water at $\geq 160^{\circ}$ F for at least 25 minutes, or if a lower temperature wash cycle is selected, use laundry detergent that is appropriate for cold or warm water cycles (e.g., oxygenated laundry compounds);
- Use laundry additives according to the manufacturer's instructions;
- Use a mechanical dryer on hot temperature cycle (e.g. avoid air drying); and
- Distribute towels, uniforms, etc. only when they are completely dry.

IV. Use of Disinfectants on Surfaces

- Check the product's label to ensure that the disinfectant is suitable for the type of surface being treated (e.g. vinyl, cloth, plastic, or wood);
- Check that the product label specifies *Staphylococcus aureus* (many over-the-counter disinfectant products sold in grocery stores, pharmacies, and warehouse stores will have a label claim for *Staphylococcus aureus* and other bacteria);
- Ensure that the disinfectant is prepared to the proper use concentration and that this working solution remains on the surface of the equipment for the recommended contact time; and
- Unused working solutions of disinfectant can be poured down the drain. Disposable wipe cloths can be discarded as a routine solid waste.
- For nonporous surfaces (e.g. tile, stainless steel, epoxy, and linoleum) use an EPA-registered detergent disinfectant suitable for the type of surface being treated. If an EPA-registered product is not available, a 1:100 dilution (500-615 parts per million [ppm]) of household chlorine bleach can be used for non-porous surfaces.
- For wood surfaces, scrub and disinfect with 1:10 dilution (5,000-6,150 ppm) of household chlorine bleach. Bleach solutions should be left on surfaces for at least 10 minutes to achieve maximum disinfection.