Causes
The bacteria can cause infection when they enter the body through a cut or sore. The infection can be minor and local (a pimple) or more serious (involving the heart, lungs, blood or bones). These infections have occurred among athletes who share equipment, mats or personal items (such as towels or razors). Those who get tattoos are also at risk.

Symptoms
Staph skin infections are red, swollen and painful. Other symptoms include:

- Drainage of pus or other fluids from the site
- Fever
- Skin abscess
- Warmth around the infected area

Symptoms of a more serious staph infection may include:

- Chest pain
- Chills
- Cough
- Fatigue
- Headaches
- Muscle aches
- Rash
- Shortness of breath

When to Contact a Medical Professional
- Wound seems to get worse rather than heal.
- You have any other symptoms of staph infection.

Prevention
- Wash your hands frequently.
- Do not share personal items such as towels or razors with another person — MRSA can be transmitted through contaminated items.
- Cover all wounds with a clean bandage and avoid contact with other people’s soiled bandages.
- If you share sporting equipment, clean it first with antiseptic solution.
- Avoid common whirlpools or saunas if another participant has an open sore.
- Make sure that shared bathing facilities are clean.
The AMITA Health Orthopedics Institute is a national leader in musculoskeletal care, offering comprehensive and advanced care for a wide range of conditions. We are proactive about keeping you active. That is why our multi-disciplinary orthopedic teams enlist a comprehensive leading edge approach to the prevention, assessment, treatment and rehabilitation of musculoskeletal injuries.

Our team of highly-experienced board-certified physicians, surgeons, therapists and nurses are dedicated to providing patients of all ages with a personalized treatment program that is customized for your condition, lifestyle and personal preferences.

We work hard to prevent sports-related injuries, which have become increasingly more common among athletes, especially children. AMITA Health Sports Medicine Outreach Liaisons keep kids active and participating in the extracurricular activities they enjoy by delivering educational programs and support for parents, coaches and athletes that focus on injury prevention, proper technique and overall athletic care.

For more information, or to contact one of our Sports Medicine Outreach Liaisons, email us at SportsMedicine@amitahealth.org or call us at 847.385.7120 or 708.245.6051