



JAMES RUTTER MIDDLE SCHOOL

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Dear Parent/Guardian,

I would like to share with you information about the Staph skin infection, methicillin-resistant *Staphylococcus aureus* (MRSA) that has recently received a great deal of media attention. Attached is a document that should help answer some of the questions you might have about MRSA.

Please know that MRSA infections are transmitted primarily by skin-to-skin contact and rarely through contact with surfaces that have extensive skin contact such as gym equipment and towels. EGUSD campuses are cleaned regularly with detergent-based cleaners or Environmental Protection Agency (EPA)-registered disinfectants that are effective at removing MRSA. Please know we have been working closely with the Sacramento County Division of Public Health.

We would like to encourage you to talk to your student(s) about best practices for the prevention of MRSA, as well as many other diseases like the flu, through proper hygiene. Please take some time to talk to your students about the following proper hand washing procedures:

- Use warm water and soap on hands and wrists.
- Work soap into a lather and wash palms, back of hands up to wrists, between fingers, around thumbs, and under fingernails for at least 15 seconds (about the time it takes to sing "Happy Birthday).
- Rinse well under warm, running water.
- Dry hands with a disposable paper towel or hand-dryer.

Students should also avoid sharing towels or other personal items and keep all infected wounds or sores covered at all times. Most Staph infections are mild and very treatable. Even the more antibiotic-resistant MRSA responds when given prompt medical attention and treatment, according to health officials. To learn more about MRSA, please consult the following websites:

- CDPH: <http://www.cdph.ca.gov/healthinfo/discond/Pages/MRSA.aspx> including Community-associated (CAMRSA)/Staph Infections: A Guideline for Athletic Departments and Methicillin-Resistant *Staphylococcus aureus* for Athletes.
- CDC: http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca_posters.html
- AWARE: <http://www.aware.md/Education/handwashing.asp>

If you have specific health concerns related to you or your student, please contact your physician. If you have any general questions about MRSA, please call the Sacramento County Division of Public Health at (916) 875-5881.

Sincerely,

Yuri Pernermon
Principal