

Treatment for Fungal Skin Infections (Ringworm)...continued

If treated immediately, ringworm usually responds well to self-care within a week without having to see a doctor.

- Wash bedding and clothing daily
- Keep infection clean and dry. Do not apply ointment
- *Student-athletes with ringworm are allowed to practice if the infection is covered*
- **Student-athletes with ringworm infections can not participate in competition until a physician has released them to do so**

A severe or persistent infection may require treatment by a doctor. Antifungal pills may be given. Prescription antifungal skin medications may be needed.

Risk Factors Associated with Athlete Skin Infections

Although there are certain risks within the general population, the risks associated with skin infections are increased for those involved in student athletics.

Awareness	Parents, athletes, coaches, and officials lack knowledge about bacterial skin infections. Early detection and treatment are key.
Skin-to-Skin Contact	Skin infections are easily spread by skin-to-skin contact. Wrestling, by nature, has a high incident of skin to skin contact.
Open Wounds	Mat burns and scratches make it ease for fungi, viruses, and bacteria to invade the skin
Personal Hygiene	Not properly cleaning workout gear and not showering after practice/competition
Facility & Equipment	Untreated wrestling mats, weight room equipment, locker rooms, and the trainer facilities are all risk factors for skin infections.

Most cases of skin infections in athletics are mild and treatable; nevertheless left untreated some can become severe and even life-threatening.



Do your part to help prevent skin infections.

KEEP CLEAN!!!



Preventing Skin Infections

Skin infections spread easily through direct contact with people or contact with contaminated surfaces. Avoiding skin infections requires careful attention to:

Disinfecting the Environment	Personal Hygiene
<ul style="list-style-type: none"> • Properly disinfected wrestling mats, weight room equipment, locker/showers, and training facility • Properly disinfect foot traffic entering the wrestling area 	<ul style="list-style-type: none"> • Clean hands often • Shower on site immediately after every practice and game • Do not share towels or razors • Cover all breaks in skin • Wash clothes and towels after every practice and game. Dry laundry thoroughly

Additional resources: Center for Disease Control & Prevention, CA Dept of Public Health, MN Dept of Public Health, Local Healthcare Provider, School Nurse, Athletic Trainer, Head Wrestling Coach

Pleasant Grove HS Wrestling Skin Infection Fact Sheet



The information in this pamphlet will help parents and student-athletes understand the risk, prevention, and treatment for the common skin infections in high school wrestling.

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Skin Infections in Athletes

A skin infection is a blanket term used to identify a variety of skin inflammations. In the sport of wrestling there are three categories coaches, athletes, and parents should be familiar with:

Bacterial

Viral

Fungal

Skin Infections directly affect student-athletes' ability to participate in practice and competition

Bacterial Skin Infections

Bacteria causing skin infections live on normal skin and typically cause no harm; nevertheless, these bacteria can invade normal skin or wounds resulting in skin infections. The most common bacteria to cause skin infections in wrestling are:

• **Streptococcus pyogenes**

• **Staphylococcus aureus**

Streptococcus pyogenes

Streptococcus is a bacterium often found in the throat and on the skin. People may carry streptococci in the throat or on the skin and have no symptoms of illness. The most common *Streptococcus* infections in wrestling are:



Impetigo

Impetigo (Skin)

- The sores begin as small red spots
- Change to blisters that eventually break open.
- Sores are generally not painful, but they may be itchy.
- Sores ooze fluid and look crusty.
- Sores look like they have been coated with honey or brown sugar.
- Sores increase in size and number.

Step Throat (Mouth)

- A sudden, severe sore throat.
- Pain when you swallow.
- Fever over 101F.
- Swollen tonsils and lymph nodes.
- White/yellow spots on the back of a bright red throat.

Staphylococcus aureus (Bacteria Caused Skin Infections Continued)

Commonly referred to as "staph". The infection often begins with a little cut, which gets infected with bacteria.

These staph infections range from a simple boil to antibiotic-resistant infections (MRSA*). The difference between these is how deep and how fast the infection spreads, and how treatable it is with antibiotics.



Symptoms of Staph Infections (Staphylococcus aureus)

- Begins as a small area of tenderness/pain on the skin
- Boils
- Blisters
- Swelling
- Redness
- Warmth
- Fever can result

*For additional information on MRSA visit pgwrestling.com

Treatment for Bacterial Skin Infections (Staph, Impetigo)

Early detection is important to the treatment of bacterial skin infections. If you suspect a bacterial skin infection follow these procedures:

- Inform coaches of your concern
- Seek health care advise
- Depending on the symptoms, the doctor may recommend a series of tests to determine the cause of the infection
- Depending on the infection the doctor may drain the skin sore
- In most cases the doctor will prescribe an antibiotic
- Finish prescription dosage or as advised by physician
- Keep infection covered
- **Student-athletes with bacterial skin infections can not participate in practice or competition until a physician has released them to do so.** See head coach for CIF Physicals Release Form or visit pgwrestling.com.

Viral Skin Infections

Herpes gladiatorum is a viral skin infection caused by the Herpes Simplex type 1 virus. Herpes is commonly referred to as cold sores or fever blisters. Herpes infections are very common. It is estimated that nine out of ten people have been exposed to herpes.

Symptoms of Herpes gladiatorum

- Skin Sores, lesions
- Painful blisters
- Surrounded by redness
- Filled with clear fluid
- Some people have sore throats, fever



Treatment for Herpes gladiatorum (Viral Skin Infections Continued)

Immediate detection is important for the health of other wrestlers. If you suspect herpes follow these procedures:

- Inform coaches as soon as possible
- Seek medical advice
- Depending on the symptoms, the doctor will recommend a series of test to determine the infection
- Infection generally lasts 12-14 days with blisters drying up after a few days and redness subsiding.
- Doctor may prescribe other treatments if symptoms become more frequent and/or increasingly worse.
- Keep infection covered
- **Student-athletes Herpes gladiatorum skin infections can not participate in practice or competition until a physician has released them to do so.** See head coach for CIF Physicals Release Form or visit pgwrestling.com.



BE RESPONSIBLE!!!

Don't ignore...Inform your coach and doctor if you suspect a skin infection

Fungal Skin Infections

Fungal skin infections are common amongst athletes (athlete's feet, jock itch). Similar to bacteria, fungi live on our bodies. *Tinea corporis*, more commonly know as "ringworm" affects your skin. Although its name suggests otherwise, it is caused by a fungus, not a worm.



Symptoms of Ringworm (Tinea Corporis)

- Itchy, red, raised, scaly patches that may blister and ooze.
- Sharply-defined edges in the shape of a circle/ring
- Often redder around the outside with normal skin tone in the center.
- Skin may appear unusually dark or light.
- Can create bald patches on scalp
- If nails are infected, they become discolored, thick, and even crumble.

Treatment for Fungal Skin Infections (Ringworm)

Early treatment is key to avoiding large outbreaks. If you suspect a ringworm skin infection follow these procedures:

- Inform coaches as soon as possible
- Apply an Antifungal Cream (over the counter). Those that contain miconazole nitrite are very effective. **Continued on next page...**