

Communicable Diseases

While the risk of contracting many communicable diseases maybe minimal to non-existent (ex: HIV/AIDS) others are more prevalent (ex: staph infections) in athletic competition, it is important to take the necessary precautions to reduce transmission potential.

- **General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases**
- **Communicable Disease Procedures**
- **NFHS Skin Infection Position Statement**
- **Center for Disease Control Warns Against Resistant Staph Strain**
- **NFHS update on CA-MRSA**
- **CA-MRSA Information for the Public**
- **SCCSPS Memo on Skin Infections**

COMMUNICABLE DISEASE PROCEDURES

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as other bodily fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood and other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling dressings, mouth guards and other articles containing body fluids.

Additional information is available from the National Federation of High Schools.