



STAPHYLOCOCCUS AUREUS (GOLDEN STAPH)

WHAT IS IT?

Staphylococcus aureus, or *S. aureus*, is a common bacterium that lives on the skin or in the nose, it is also known as Golden Staph. In most situations *S. aureus* is harmless, however if it enters the body through a cut in the skin, it can cause a range of mild to severe infections.

HOW DO I GET IT?

S. aureus is a bug that lives on any object or material that is likely to carry infection such as clothes, utensils, furniture, sparring equipment, as well as on people's skin, armpits, nose and groin.

Common transmission for contestants and trainers is by grappling (skin to skin contact) and working on pads and bags that have come in contact with *S. aureus* and not been thoroughly cleaned.

If a contestant shows signs of the staph infection, all equipment should be thoroughly cleaned with chlorhexidine.



WHAT DO I DO IF I HAVE IT?

Visit your Doctor in the first instance. Fighters with lesions should be kept away from the gym and should be started on antibiotics early. Your Doctor will provide you with the right course of treatment.

Contestants who come in contact with someone with *S. aureus* should wash in Chlorhexidine. Gym equipment should also be washed / cleaned with the same product. Chlorhexidine can be purchased from your local chemist.

Contestants returning with lesions after being overseas and those that do not get better with antibiotics should be screened for multi-drug resistant *S. aureus* (MRSA)



ANY CONTESTANTS SHOWING SYMPTOMS OF GOLDEN STAPH WILL NOT BE PERMITTED TO COMPETE.