Campus Rec Cooties

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Session abstract
Learn all about the little critters that live on our surfaces and how to effectively clean and disinfect the surfaces for which you’re responsible.

2 learning outcomes
Students will demonstrate the ability to clean equipment properly.
Student will be able to name two infections or diseases one could get from the bacteria/viruses/fungi present in Rec Centers.

outline of breakout session
Campus Rec Cooties (outline of powerpoint)

□ Learning Outcomes
  ▪ Students will demonstrate the ability to clean equipment properly.
  ▪ Student will be able to name two infections or diseases one could get from the bacteria/viruses/fungi present in Rec Centers.

□ What’s in there...
  ▪ Ringworm
  ▪ Staph
  ▪ MRSA
  ▪ Mold
  ▪ Flu
    • H1N1

□ Ringworm
  ▪ Ring worm can spread through four forms of contact:
    • Person to Person
    • Animal to Human
    • Object to Human
    • Soil to Human

□ Ring worm causing fungi can live on damp surfaces
  ▪ Floors in locker rooms
  ▪ Public showers
  ▪ Easy to pick up ring worm in these areas

□ Staph Infections
  ▪ Can live harmlessly on many skin surfaces, especially around the nose, mouth, genitals, and anus.
    • when the skin is punctured or broken for any reason, staph bacteria can enter the wound and cause an infection
  ▪ There are more than 30 species in the staph family of bacteria

□ Staph
  ▪ Most staph infections are minor skin infections. People with skin problems like burns or eczema may be more likely to get staph skin infections.
• How it spreads
  • Indirect contact - uncommon
  • Skin-to-skin contact (Direct) - most common

□ Staph
  ▪ Staph infections can spread from person to person among those who live close together in group situations
    • such as in college dorms
  ▪ People with skin infections sharing things
    • bed linens, towels, clothing
  ▪ Warm, humid environments can contribute to staph infections
    • Excessive sweating can increase someone's chances of developing an infection.

□ MRSA
  ▪ Methicillin-resistant staphylococcus aureus (MRSA)
  ▪ Spread through:
    • direct physical contact
    • indirect touching of contaminated objects.
  ▪ It usually presents itself as some type of skin or soft tissue infection, such as pimples, abscesses or boils.

□ MRSA
  ▪ Risk factors for community-associated MRSA (CA-MRSA)
    • Participating in contact sports. CA-MRSA has affected sports teams. The bacteria spread easily through cuts and abrasions and skin-to-skin contact.
    • Sharing towels or athletic equipment. CA-MRSA has spread among athletes sharing razors, towels, uniforms or equipment

□ Mold
  ▪ Molds reproduce by means of tiny spores
  ▪ Indoors
  ▪ Spores land on surfaces that are wet
  ▪ There are many types of mold
    • None of them will grow without water or moisture.

□ Flu
  ▪ How the Flu is Spread:
    • Influenza is spread by droplets from the mouth and nose.
    • The flu can be spread from 1 day before symptoms appear to 5 days after becoming sick.
    • It is possible to spread the flu before you even know you have it.

□ Flu – H1N1
  ▪ Severity is moderate—about the same as the seasonal flu
  ▪ Very similar to what we know as the flu but H1N1 can last longer on surfaces

□ Flu – H1N1
  ▪ Continue to follow routine prevention efforts:
    • Cover your cough with your sleeve, not your hand.
    • Wash your hands frequently
    • Stay home when ill
If you are very ill and are a PSU student, please go to Student Health and Counseling.

How to clean (the right way)
- Proper supplies
- GLOVES
- Cleaner (ProLink Broadband Q256)
- Paper Towels
- Length of time
- Keep it on surface for 10 minutes
- Clean up and dispose
- Wipe dry, throw in trash

It looks like...uh...yeah, I have no idea what that is.
- Routine cleaning is different than cleaning blood/other potentially infections material
- Who can clean up blood?

Your Turn
- Scenario #1
  - Yoga mats need cleaning
- Scenario #2
  - Unidentified substance on treadmill—you think someone spit but you’re not sure
- Scenario #3
  - Weight bench sweaty
- Scenario #4
  - Blood on the dumbbells

**type of session**
Hands-on activity for clean up
Lecture on bugs/germs