

Impetigo

Nature of Skin Infection- Impetigo

This wrestler has been determined to have a skin infection called Impetigo. Impetigo is a highly infectious skin disease that is caused by staphylococcus aureus (staph) or streptococcus pyogenes (strep). Skin lesion can be on the face or lips, the arms or legs and can spread to other areas. Typically this lesion begins as a **cluster** of tiny blisters which burst, followed by oozing and the formation of a thick honey- or brown-colored crust that is firmly stuck to the skin. It can also present as an itching blister that is filled with yellow or honey-colored fluid and maybe oozing and crusting over. It may spread like a rash (may begin as a single spot, but if person scratches it, it may spread to other areas). It can be transmitted from wrestling by skin to skin or skin to mat contact. We have calculated the number of wrestlers who could come in contact with one infected individual through skin to skin or skin to mat contact at greater than 200 wrestlers for our State Finals. This potential for large scale infection is not worth the risk.

Prevent the spread of infection

- If you have impetigo, always use a clean washcloth and towel each time. Do not share towels, clothing, razors, and so on with other family members. Wash the hands thoroughly after touching the skin lesions.
- Good general health and hygiene help to prevent infection. Minor cuts and scrapes should be thoroughly cleansed with soap and clean water. A mild antibacterial agent may be used, if desired.
- Impetigo is contagious, so avoid touching the draining (oozing) lesions

Example of Impetigo Skin Infection

