

Resources

- National Athletic Trainers Association
www.nata.org
- Cleaning to reduce the risk of H1N1 Flu Virus
www.simmons.edu/hygieneandhealth
- Preventing MRSA in the Home & Community
- Centers for Disease Control
www.cdc.gov
- The Mayo Clinic
www.mayoclinic.com



The Doyle Community Center is committed to providing you with a clean and safe environment. Disinfecting spray and hand sanitizers are located throughout the facility. Thank you for helping to stop the spread of germs!

Hygiene & Health in the Home and Community

Overview

The gym is synonymous with exercise and health but common community infections, including respiratory, skin and gastro-intestinal infections can be contracted in athletic facilities. Good gym hygiene practices and personal cleanliness can help to prevent the spread of germs and reduce the risks of infection. Following the simple guidelines described in this brochure can help protect everyone using our facility.



310 N. Franks Avenue
Sturgis, Michigan 49091

(269)659-8110

www.sturgismi.gov



Gym Hygiene:

How to Reduce the Risk of Infections in the Gym

January 2013

Prevention: Hygiene & Personal Cleanliness

Hygiene plays a big roll in reducing the spread of infections. Follow these tips to protect your self and others

- Wash or sanitize your hands frequently.
- Sanitize hands upon entering the facility and prior to leaving the facility.
- Cover your nose and mouth when sneezing or coughing. Use your elbow, if necessary.
- Sanitize your hands after coughing or sneezing.
- Wipe down equipment and mats with disinfectant spray or wipes before and after each use.
- Bring your own exercise mat for stretching or classes that require the use of one.
- Take a shower soon after exercising and change into clean, dry clothes.
- Wear water shoes or flip flops in the locker room and showers.
- Wash and dry gym clothes after each use.
- Cover any breaks in the skin with a waterproof bandage.
- Always use a clean towel.
- Do not share headbands, towels, water bottles, soap, razors, brushes, or any other items that may come into contact with someone else's skin.

Here are some of the common community infections that can be transmitted at gym facilities:

Skin Infections

- Ringworm (Tinea Corporis) is a fungal infection that develops on the top layer of skin. Symptoms include an itchy, circular, red rash with healthy skin in the center. It is contagious and can spread via direct skin contact or via contact with a contaminated surface.
- Athlete's Foot (Tinea Pedis) is a related fungal infection that can cause problems on moist areas of the foot and between the toes. Symptoms include itching, burning and stinging. Damp socks and sneakers encourage fungal growth. Floors and towels contaminated with the fungus may contribute to the spread of the disease.
- *Methicillin-Resistant Staphylococcus Aureus (MRSA)* is a type of staph bacteria that causes serious skin infections and is resistant to many antibiotics. Symptoms include painful boils or pustules that are red, swollen and contain pus or other fluid. Infection tends to occur where the skin has been damaged by cuts, tiny breaks or bruises. MRSA can spread via skin to skin contact and via contact with shared equipment and towels, etc.

**DO YOUR PART TO HELP
STOP THE SPREAD OF
GERMS!**

Respiratory Infections

- Influenza is a contagious respiratory illness caused by the influenza virus. Symptoms include fever or chills, cough, runny nose, sore throat, body aches, headaches, fatigue and in some people, diarrhea and vomiting. The virus is spread by inhalation of infected airborne droplets and after touching the face following contact with contaminated surfaces.
- Human Rhinovirus are common group viruses that cause the common cold. The infection grows in temperatures between 91-95 degrees F, making the nose a prime breeding ground. Symptoms include runny nose, sore throat, cough, sneezing and congestion. Rhinovirus is typically spread via respiratory droplets on surfaces or person-to-person contact.



Gastro-Intestinal Infections

- Noroviruses are an extremely contagious group of viruses that cause acute gastroenteritis in humans. Symptoms include acute onset vomiting, watery diarrhea, abdominal cramps and nausea within 12-48 hours of contracting the illness. Transmission may occur through the so-called "fecal-oral route", via the hands following direct contact with another infected person or contact with contaminated surfaces.