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Date: September 28, 2016

To: Local, Tribal and Regional Public Health Officials

From: Jeffery P. Davis, M.D.
Chief Medical Officer and State Epidemiologist for Communicable Diseases
Bureau of Communicable Diseases

Re: Multiple reports of impetigo and hand foot and mouth (HFM) disease among high school athletic teams

PLEASE DISTRIBUTE WIDELY

Summary of Recommendation: Locker rooms and sports equipment should be properly cleaned and disinfected to prevent transmission of hand foot and mouth disease (HFM) and impetigo. Students with impetigo should be excluded from athletics during the first 72 hours of antibiotic therapy.

Background and Recommendations:

The Wisconsin Division of Public Health, Bureau of Communicable Diseases, has been notified of numerous outbreaks of impetigo (Staphylococcus infection) and HFM among high school athletic teams across Wisconsin.

If a student-athlete has a rash, it is recommended that they see their primary care provider to have the rash evaluated and diagnosed. HFM is usually self-limiting and rarely requires exclusion from athletics; impetigo can be a more serious infection and requires exclusion from athletics during the first 72 hours of antibiotic therapy. It is imperative that locker rooms and sports equipment be properly cleaned and disinfected to prevent transmission.

We encourage you to share this information with schools and medical professionals to make them aware of the situation. The chart below outlines the specifics of each condition.

Links to helpful information:

Wisconsin DPH Impetigo Fact Sheet: <https://www.dhs.wisconsin.gov/publications/p4/p42062.pdf>

Wisconsin DPH Hand Food and Mouth (HFM) Fact Sheet:
<https://www.dhs.wisconsin.gov/publications/p4/p42051.pdf>

Environmental Cleaning and Disinfecting Against MRSA:
<http://www.cdc.gov/mrsa/community/environment/index.html>

Wisconsin Interscholastic Athletic Association (WIAA): <http://www.wiaawi.org/Health/InfectiousDisease.aspx>

	Impetigo (Staph)	Hand Foot and Mouth
Signs and symptoms	<ul style="list-style-type: none"> • Begins as a cluster of small blisters that expand and rupture within the first 24 hours • The thin yellow fluid that drains from the ruptured blisters quickly dries, forming a honey-colored crust • There is usually no fever 	<ul style="list-style-type: none"> • Mouth or throat pain • Low grade fever (if any)
Description of rash	<ul style="list-style-type: none"> • Develops most frequently on the legs, but may also be found on the arms, face and trunk 	<ul style="list-style-type: none"> • Non-itchy • Most common on the tongue and cheek. • Also may occur on arms, hands, legs, feet and buttocks
Incubation period	4-10 days	3-5 days
Treatment (if any)	Antibiotic therapy	None
Exclusion from athletics	<ul style="list-style-type: none"> • Exclude until 72 hours after antibiotic treatment is initiated, provided infection is improving • If moist lesions remain after 72 hours of antibiotic treatment, they should be covered when returning to athletics 	<ul style="list-style-type: none"> • No exclusion from athletics is necessary • If possible, cover lesions • Bandages and dressings should be discarded by someone wearing gloves and disposed of in a covered container
Transmission (Spread)	<ul style="list-style-type: none"> • Contact with the infected area • Contact with items that touch the infected area (towels, clothing, bandages, etc.) 	<ul style="list-style-type: none"> • Fecal/oral, contact with respiratory secretions, or vesicle fluid
Prevention	<ul style="list-style-type: none"> • Mandatory showering following each game or practice • No sharing of towels, used equipment, water bottles, personal items, or clothing • Increased cleaning of showers, locker rooms, weights and weight room, training room mats and equipment by janitorial staff using appropriate cleaning agents and technique • Athletes should report signs of skin infection to coaches, athletic trainers and parents who can schedule medical evaluation and treatment • Athletes with active skin infections must completely cover their lesions with bandages that will hold up during activities and maintain coverage • Non-ill individuals with open cuts and scrapes should completely cover them during practice to prevent infection of existing wounds • Hand washing after touching skin lesions or dressings is required 	<ul style="list-style-type: none"> • Mandatory showering following each game or practice • No sharing of towels, used equipment, water bottles, personal items, or clothing • Increased cleaning of showers, locker rooms, weights and weight room, training room mats and equipment by janitorial staff using appropriate cleaning agents and technique • Athletes should report signs of skin infection to coaches, athletic trainers and parents who can schedule medical evaluation and treatment • Non-ill individuals with open cuts and scrapes should completely cover them during practice to prevent infection of existing wounds • Hand washing after touching skin lesions or dressings is required