

# MonoFoil® Antimicrobial: Football Reduce the risk of MRSA infections



**MonoFoil™**  
Clean Redefined®

## SURFACES

- Clean regularly with a cleaner such as MonoFoil® proven to eliminate MRSA. Make sure that the surface cleaner has been EPA tested and approved.
- Floors: Consider a disposable, single-use mopping device rather than a reusable mop. Mops can harbor bacteria and spread contamination. If a reusable mop is your only option, treat the mop prior with MonoFoil® to protect it from harboring MRSA growth. 30 Days of protection
- Training and taping tables: Since it is unlikely there will be time to clean the tables between each athlete, use a cleaner with residual micro elimination properties such as the MonoFoil® Antimicrobial Premium Cleaning Pads. (Residual microbe elimination means that the agent keeps killing after being applied, and not just upon initial contact.) 2 weeks to 30 days of protection
- Synthetic turf: With the increase in new turf fields, the potential for infection increases as well. The abrasive nature of the turf combined with the potential for bacteria left by spit, sweat, blood, animal excrement, etc. increases the risk of infection. Treatment of the field with MonoFoil® pre-season and mid-season will reduce the risk of transfer of bacteria and help prevent a potentially serious infection on athletes. Two applications per year is recommended.

## EQUIPMENT

- Regularly clean equipment with a product such as MonoFoil® proven to eliminate MRSA. Alcohol-based wipes are good immediate killers, but they are also solvents, and are only good for 30seconds. They are also solvents, so beware of the type of surface you are cleaning because you will have possible drying, cracking and damaging of the surface treated with alcohol.
- Consider cleaning everything that can be touched. The obvious equipment to be cleaned is helmets and pads, but cell phones, keyboards, weights and machines, pens, clip boards, etc. also can harbor and transfer bacteria.
- Laundry: To kill MRSA, the wash temp needs to exceed 140°. Most residential and many commercial machines do not reach this temperature. Fabrics should also be dried on the hot setting. With uniforms and other fabrics, washing at high temperatures may not be recommended. The CDC has stated that it is critical that all fabrics be completely dry when they come out of the dryer. Completely dry fabrics are very important. Bacteria love warm, humid environments. Treating laundry with the MonoFoil® in the laundry can greatly reduce virus and odor causing bacteria for up to 15 washes per application.

## SKIN

- MonoFoil® Antimicrobial has been proven to be almost as non-irritating as water on the skin thru proven toxicology studies, yet it is a broad spectrum antimicrobial with bonds to the skin and continues to actively eliminate microbes for up to 8 hours after use (residual microbe elimination). MonoFoil's active ingredient, bonds to the outer layer of skin and is not absorbed into the body. MonoFoil® eliminates MRSA and other STAPH strains of bacteria on treated areas.

- MonoFoil® is effective against the bacterium that causes acne. Since body acne is common in sports and a portal of entry for more serious infections, cleaning the affected area with MonoFoil® Antimicrobial can reduce acne and the risk of more serious infection.
- MonoFoil® is effective against the herpes virus. It will not enter the nervous system to eradicate the virus, but it is effective on the surfaces the come into contact with the skin.
- MonoFoil® is effective against the flu virus. Since immune systems may be taxed during the season, use of MonoFoil® can help reduce the chance of preventable illness on treated surfaces. Current antimicrobials are ineffective against the cold virus, but using MonoFoil® can help reduce the risk of a more serious flu illness. If a team is traveling, the potential for contracting the flu virus in a hotel room is 35% if the room was occupied in the previous 24 hours. Having a MonoFoil® travel spray to treat high contact areas provides a barrier against contracting the flu virus. Contracting does not mean you will get the flu, but combined with a lower immune response, it becomes more likely.
- MonoFoil® is effective against ringworm and athletes foot. MonoFoil® Antimicrobial Premium Cleaning Pads are a portable wipe that also provides up to 8 hours of microbiological action after use. Also by laundering socks and undergarments you can provide long-lasting protection for up to 15 washes.

## OTHER STEPS TO BE TAKEN BY ATHLETES TO REDUCE THE RISK

- Do not share equipment or personal items. This includes pads to razors to soap and towels and anything that comes in contact with the skin.
- Shower after practice or competition. Between the facility and home, hundreds of items will be touched. Considering how long MRSA can live on surfaces and the fact that these same surfaces will be touched on the way back to the facility the next day, removing potential contaminants before leaving the facility is a key step.
- Report any suspicious skin blemishes immediately. Steps can be taken to prevent small blemishes from becoming major infections.

