



Protecting against MRSA at Home

What is MRSA?

(Methicillin Resistant *Staphylococcus aureus*)

- Type of “super bug”
- Often causes skin infections
- Resistant to some antibiotics, including penicillin

How is MRSA Treated?

By a healthcare provider who may:

- Drain the infection *and/or*
- Give you an antibiotic *and/or*
- Help you reduce the bacteria on your skin

What does it look like?

- A “spider bite”
- Infected skin
- Boil, abscess
- Impetigo



Stop the Spread of MRSA!

- **Wash your hands often** with warm, soapy water
- Use 60% (or greater) alcohol-based hand gel when soap and water are not available
- Shower after participating in exercise or sports
- Clean sports equipment after each use
- Clean surfaces frequently that may come in contact with skin (chairs, tables, toilet seats, etc.)*
- Wipe down high hand-touch surfaces frequently - door knobs, phones, keyboards, etc. *
- Do not take antibiotics when you do not need them. (If they are prescribed, take them all)
- Do not share personal hygiene items or clothing
- Avoid contact with other people’s skin infections
- Keep skin infections covered with clean, dry bandages taped on all four sides
- Stay home from work/school if you have draining infections that require bandage changes during work/school hours



How do you get MRSA?

- Touching the MRSA-infected skin of someone
- Touching surfaces that have MRSA on them
- Sharing personal hygiene items (bar soap, towels, razors) or clothing
- Sharing sports equipment
- Not having the resources to keep clean
- Overusing antibiotics, stopping them early or missing doses

* Use an EPA registered cleaner -

Website: epa.gov/oppad001/chemregindex.htm