



Have you met MRSA?

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What is MRSA?

(Methicillin Resistant *Staphylococcus Aureus*)

Type of “*Staph*” infection

- Often causes skin infections
- Resistant to many antibiotics, including penicillin

How is MRSA Treated?

By a healthcare provider who may:

- Open and 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
- Infected wound



Stop the spread of MRSA!

- **Wash your hands often & thoroughly** with warm, soapy water
- Use 60% alcohol-based hand sanitizer when soap & water are not available
- Avoid contact with other people’s skin infections & their bandages
- Cover all wounds with a clean, dry bandage taped on all four sides
- Do not share personal hygiene items (bar soap, towels, razors) or clothing
- Stay home from work/school if you have draining infections that require bandage changes during work/school hours
- Shower after participating in exercise or sports
- Do not over pack washing machine. If possible wash with soap & hot water, dry in hot dryer
- Clean and disinfect athletic/wrestling gear and practice surfaces (mats, benches, weight lifting equipment) after each use

How do you get MRSA?

- Touching someone’s MRSA-infected skin
- Sharing personal hygiene items (bar soap, towels, razors)
- Not having access to running water, laundry
- Overusing antibiotics, stopping them early, or missing doses
- Touching shared surfaces that have MRSA on them, like gym equipment, computer keyboards & telephones

**Humboldt County
Public Health Nursing**

Help prevent “*Staph*” infections
by not overusing antibiotics

**For questions, please
call 707-268-2105**