

What to do about MRSA

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:

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

How do you get MRSA?

- Touching someone’s MRSA-infected skin
- Touching surfaces that have MRSA on them, like doorknobs, light switches and keyboards
- Sharing Sports Equipment
- Sharing personal hygiene items (bar soap, towels, razors)
- Not having the resources to keep clean
- Overusing antibiotics, also stopping them early, or missing doses

Stop the spread of MRSA!

- **Wash your hands often** with warm, soapy water
- Use 60% alcohol-based hand sanitizer when soap & water are not available
- Shower immediately after physical education class, sports practices & matches
- Do not share personal hygiene items (bar soap, towels, razors) or clothing
- Wear uniforms/practice clothes only once, wash with soap & hot water, dry in hot dryer
- Cover all wounds with a clean, dry bandage taped on all four sides
- Consider staying home from school or work if wound drainage cannot be contained by a bandage
- Avoid contact with other peoples skin infections
- Report skin infections to physician, nurse or coach
- Wipe down shared desks, keyboards, phones & light switches regularly
- Do not take antibiotics when you do not need them

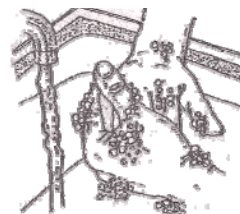
What does it look like?

- A “spider bite”
- Turf Burn
- Abscess
- Boil
- Fluid filled Blisters
- Infected skin/wound



What Should you do?

If you have any of these signs of infection, contact your physician immediately.



If you have any questions, contact the Fair Lawn Health Department at: 201-794-5327.