Methicillin-resistant staphylococcus aureus (MRSA)

Staphylococcus aureus
- Staphylococcus bacteria or (staph) is normally found on the skin or inside the nose of many people.
- Staph and MRSA are spread by close contact.
- Staph can easily enter a cut or scrape.
- Staph can cause different types of infections but more commonly skin infections.

What is MRSA?
- MRSA is a type of Staph bacteria that is hard to treat.
- It has developed a resistance to some antibiotics.
- This kind of Staph is common in hospitals and in the community.

See a doctor if you think you have a skin or wound infection
Infected skin is often red, swollen, and painful. The infection may resemble a pimple, boil or spider bite.

How is MRSA spread?
- MRSA lives on skin and survives on objects and surfaces for days, weeks and months.
- Drainage (pus) from skin sores can spread bacteria to other body parts or to other people.
- MRSA is spread by direct contact, by sharing personal hygiene items or by sharing sports equipment.

How MRSA is treated?
- Only health care providers should evaluate and drain sores.
- May require antibiotics.
- Covering sores to prevent drainage from infection others.
- Go back to see the doctor if you are not getting better in 2 or 3 days.

Prevent MRSA infections
- Wash hands frequently with soap and water.
- Use 60% alcohol-based hand gel when soap and water is not available.
- Do not share personal items, including wash cloths and towels.
- Keep cuts clean and covered.
- Consider staying home if wound drainage cannot be contained by a bandage.
- Avoid contact with other people’s wounds.
- Wash linens in hot water, using bleach if possible.
Prevent antibiotic resistance
- Always see a doctor before you start taking antibiotics.
- Do not try to persuade the doctor to give you antibiotics.
- Take antibiotics as ordered by your doctor.
- Do not share antibiotics.
- Take all the pills in the bottle.
- Avoid using unnecessary antibiotics.

Proper hand washing
- Wet your hands with warm running water.
- Apply soap.
- Lather well.
- Rub your hands vigorously for at least 15 seconds.
- Rinse well.
- Dry hands with clean or disposable towel.
- Use towel to turn off faucet.

Respiratory etiquette
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Cough or sneeze into your upper sleeve, not your hands.
- Put used tissues in the trash.

Always wash your hands thoroughly
- After using bathroom.
- After changing a diaper.
- After blowing your nose.
- After coughing or sneezing into your hands/tissue.
- After touching animals or animal waste.
- After handling garbage.
- Before eating.
- Before inserting or removing contact lenses.
- Before and after preparing meals.
- Before and after treating cuts or wounds.
- Before and after touching a sick person.