



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: <http://epa.gov/oppad001/chemregindex.htm>

Thank you to
Tacoma/Pierce County
Health Department for
compiling this information

For More Information:
County of Kings Health Dept
1-800-649-5399
(559) 584-1401 ext 2689

Additional Website Resources:

<http://www.cdph.ca.gov/HealthInfo/discond/Pages/MRSA.aspx>
http://www.cdc.gov/ncidod/dhqp/ar_mrsa.html