



MRSA

What is it?

MRSA is a staph bacteria that is resistant to common types of antibiotics. Staph bacteria are one of the most common causes of skin infections and can cause pneumonia, surgical wound infections and bloodstream infections. These can become life-threatening infections if not treated properly. Recently, MRSA become more common in the community setting.

What does MRSA infection look like?

Staph infections often begin with an open wound- allowing the bacteria to enter the body and develop into an infection. Look for:

- Pimples, boils, or blisters which become red, swollen, painful, or have pus or other drainage
- Sometimes mistaken for spider bites
- Any cuts or scrapes on the body

Is MRSA infection treatable?

Most staph and MRSA infections are treatable with antibiotics. If you go to your physician with a possible infection, ask them to culture the infection so they know what type of antibiotic to put you on.

Drainage of skin boils or abscesses should only be done by a physician. DO NOT attempt to squeeze or drain a boil yourself. This will only spread the infection.

How to prevent MRSA or staph infection.

MRSA or staph infections are spread through physical contact or touching surfaces the infection has come in contact with- i.e., sports equipment, weight equipment, tables, lockers. Clean with EPA registered cleaners:

www.epa.gov/oppad001/list_h_mrsa_vre.pdf

PRACTICE GOOD HYGIENE!

- Keep your hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer
- Clean ALL cuts and scrapes daily with soap and water. Put over the counter triple antibiotic ointment on the wound and cover. This is especially important during physical activity when you are around other people. **Keep wound covered daily until it is totally healed.**
- AVOID contact with other people's wounds or discarded bandages.
- AVOID sharing personal items such as towels, clothing, razors.
- DO NOT share equipment if it has not been wiped down first with an alcohol based sanitizer.
- Shower after practices or games.
- Take practice clothing home every night and wash it in **hot** water with detergent. Dry on a hot setting. Do not wear dirty clothing for practice or games.
- Wash sheets, towels or clothing at home that has come in contact with your open wound with **hot** water

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