



ABOUT STAPH and MRSA

What is a staph?

- ♦ Staphylococcus aureus or “staph” is bacteria commonly found on the skin, usually inside the nose, in the armpit, groin and genital area.

What is a staph infection?

- ♦ A staph infection usually causes minor infections such as pimples or boils. Staph also may cause more serious infections, such as infections of the bloodstream, surgical sites or pneumonia.

What is MRSA?

- ♦ MRSA is a staph infection that is resistant to the antibiotic methicillin and related antibiotics. Other antibiotics can be used to treat MRSA, but treatment may be longer and/or more expensive.

What are the symptoms?

- ♦ Redness, warmth, swelling, tenderness of the skin usually follows an injury, boils or blisters. Often looks like a pimple or spider bite.

How is it spread?

- ♦ MRSA is spread through close contact with infected people, shared personal care items (i.e. towels, soap, gym bags or sports clothes) sheets, clothes, benches in locker rooms and pool areas, and athletic equipment.

How is it diagnosed?

- ♦ A swab sample is usually taken from the wound or infected area.



How can I protect myself?

- ♦ Good hand washing with soap and water; keep cuts and abrasions covered until healed; avoid close contact with other people’s wounds; do not share personal items; clean objects and surfaces that are shared with others, such as athletic equipment before you use them.
- ♦ Disinfect all non-clothing items that come in contact with the wound with one (1) tablespoon bleach mixed in one (1) quart water. Wash clothing in hot water and dry in a hot dryer. Dishes can be washed using a standard home dishwasher or with soap and hot water.

FINISH ALL OF THE ANTIBIOTICS THAT YOUR DOCTOR PRESCRIBES

For more information see the Centers for Disease Control website:

http://www.cdc.gov/ncidod/dhqp/ar_mrsa.html