

Protect Yourself Against MRSA

What is MRSA?

MRSA stands for methicillin-resistant *Staphylococcus aureus*. It's a type of bacteria that's resistant to (isn't killed by) many antibiotics, including penicillin.

What does it look like?

MRSA often causes skin infections. It can look like a spider bite, pus-filled boil, crusty red sore or abscess.

How is it spread?

You could get MRSA by touching a person's MRSA skin infection or touching something with MRSA bacteria on it.

How is it treated?

Healthcare providers may drain the infection, prescribe an antibiotic or reduce the amount of bacteria on the skin.

How can you avoid MRSA?

- ☑ Wash your hands often with warm, soapy water.
- ☑ When soap and water aren't available, use hand sanitizer.
- ☑ Don't share clothes or personal items (like towels, toothbrushes and razors).
- ☑ Frequently clean commonly touched surfaces (like chairs, tables and toilet seats).
- ☑ Shower after exercising or playing sports.
- ☑ Clean exercise or sports equipment after each use.
- ☑ Keep skin infections covered with clean, dry bandages.
- ☑ Don't touch other people's skin infections, unless you have gloves on.
- ☑ After removing gloves, wash or sanitize your hands.
- ☑ Take antibiotics only when needed.
- ☑ Take antibiotics exactly as directed—don't stop early or miss doses.
- ☑ If you have a leaking wound or MRSA infection, don't play contact sports.
- ☑ If you have a leaking wound or MRSA infection that requires bandage changes, stay home.

MRSA Skin Infections

Photos courtesy County of Los Angeles Public Health.



Tacoma-Pierce County

Health Department

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In partnership with
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