



# Protecting Against MRSA

at  
Home

## What is MRSA

(Methicillin resistant *Staphylococcus aureus*)

- Type of “staph” infection
- Often causes skin infections
- Resistant to many 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 amount of 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-base hand sanitizer** when soap and water are not available
- Wash or sanitize hands after removing gloves
- Shower after participating in exercise or sports
- Do not share personal hygiene items or clothing
- **Keep skin infections covered** with clean, dry bandages taped on all four sides
- Avoid ungloved contact with other peoples skin infections
- Stay home from work/school if you have draining infections that require bandage changes during work/school
- Take antibiotic only when they are needed
- **Clean and Disinfect:** Clean *first with friction* to remove dirt. Then clean with a “fresh” disinfectant wipe, *using one wipe for each surface*
- Clean surfaces frequently that may come in contact with skin (chairs, tables, toilet seats, door knobs, phones, keyboards, etc.)
- Clean contact sports equipment after each use



## How do you get MRSA?

- Not washing or sanitizing your hands often
- Touching someone’s MRSA skin infection
- Touching surfaces that have MRSA on them
- Sharing personal hygiene items (bar soap, towels, razors)
- Sharing clothing
- Sharing sports equipment
- Overusing, stopping early, or missing antibiotic doses