

Stay Army Strong: Win the Battle Against MRSA!

Prevent skin
infections

CA-MRSA (Community-Associated Methicillin-Resistant Staphylococcus aureus) is a type of staph bacteria that cannot be killed by certain commonly used antibiotics and can cause skin and other infections. CA-MRSA has been seen most often in groups of people who are in close contact with one another such as athletes and *military trainees*. CA-MRSA infections need to be evaluated by a healthcare provider.

People are more likely to get a staph infection caused by CA-MRSA if they have close skin-to-skin contact with someone

who has a staph infection; contact with items and surfaces that have staph on them; openings in their skin such as cuts, scrapes, and blisters; poor hygiene.

Staph skin infections are often mistaken for spider bites and may look like an infected pimple, bump, or boil (abscess) and may be:

- Red
- Swollen
- Tender/painful
- Warm to the touch
- Have pus or other drainage
- Accompanied by a fever

If you think a recruit has a staph infection, cover the area with a bandage and have him/her get medical attention.

To prevent CA-MRSA, inspect your trainees for good hygiene and skin care and instruct them to:

- Wash hands often or use alcohol-based hand cleaners
- Practice proper foot care
- Use personal protection measures against mosquitoes and other biting insects
- Keep cuts, scrapes and blisters clean and covered with a bandage

- NOT share personal items such as towels, razors, and uniforms
- Wash uniforms and towels with hot water and laundry detergent and dry in the dryer
- Avoid contact with other people's wounds or bandages
- Clean shared equipment, such as weight benches, before using or put a clean towel or shirt between themselves and the equipment
- Shower after physical activities

If a recruit has a staph infection, ensure he/she follows instructions for its care.

Inspect trainees' skin daily when time permits.

- Inspect skin for:
 - » Inflamed skin areas, infected pimples, bumps, or boils (abscesses)
 - » Skin lesions that are:
 - Red
 - Swollen
 - Painful
 - Warm to the touch
 - Have pus or other drainage
 - » Minor cuts, scrapes, and blisters
 - » Athletes' foot

Prevent skin infections- especially CA-MRSA



CA-MRSA (Community-Associated Methicillin-Resistant Staphylococcus aureus) infections need to be evaluated by a healthcare provider.

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