

Stay Army Strong: Win the Battle Against MRSA!

MRSA (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. MRSA has been seen most often in groups of people who are in close contact with one another such as athletes and *military trainees*. MRSA infections need to be evaluated by a healthcare provider.



<http://phc.amedd.army.mil> 1-800-222-9698

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Protect your skin from MRSA:

- Clean your hands often with soap and water or use alcohol-based hand cleaners
- Keep cuts and scrapes (no matter how small) clean and covered with a bandage until healed
- Do not share personal items such as towels, razors and uniforms
- Wash uniforms and towels with 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 you and the equipment
- Shower after physical activities, especially if skin touched the ground or shared equipment, such as weight benches
- If you think you have a skin infection, then notify an instructor and seek medical attention
- Always look after your fellow Soldiers



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