

STOP THE SPREAD OF

# MRSA

(CA-MRSA = Community-Associated Methicillin-Resistant *Staphylococcus aureus*)

## ABOUT

### What is CA-MRSA?

- » *Staphylococcus aureus* (or staph) is a bacteria found on the skin or in the nose of many healthy people and sometimes causes infections
- » Some staph infections cannot be cured with the usual antibiotics
- » Staph infections that cannot be treated by the usual antibiotics are referred to as methicillin-resistant *Staphylococcus aureus* or MRSA infections
- » MRSA acquired in a community setting rather than a healthcare setting is referred to as community-associated MRSA or CA-MRSA
- » MRSA is treatable if properly diagnosed

## SYMPTOMS

### What does a MRSA infection look like?

- » It is often mistaken for a spider bite
- » Can resemble a pimple or boil
- » Symptoms may include redness, warmth, swelling, pus, and skin tenderness
- » If left untreated, MRSA can infect blood and bones

### How do I know if I have MRSA?

- » Seek medical attention if you develop a boil, red or inflamed skin, or have a sore that does not go away

## PREVENTION

### How can I prevent CA-MRSA infections?

- » **Follow good personal hygiene practices**
  - » Wash your hands with soap and water at every opportunity or use alcohol-based hand sanitizer
  - » Keep cuts and scrapes clean and covered with a bandage until they heal
  - » Avoid touching other people's wounds or bandages
- » Do not share personal items such as razors, towels, and uniforms
- » Launder soiled clothing, linens, and towels, weekly in hot water and laundry detergent
- » Clean off recreational equipment, like a weight bench before use; avoid letting your bare skin contact the equipment
- » Shower after any activity that may expose bare skin to contaminated surfaces or wounds from another person



Wash your hands with soap and water



Clean off recreational equipment