


What type of infection does MRSA cause ?

Most MRSA infections seen in the community are skin infections. They may appear as pustules or boils which often are red, swollen, painful, or have pus or other drainage. These skin infections commonly occur at sites of visible skin trauma, such as cuts and abrasions, and areas of the body covered by hair (e.g., back of neck, groin, buttock, armpit, beard area).

Almost all MRSA skin infections can be effectively treated by drainage of pus with or without antibiotics. More serious infections, such as pneumonia, bloodstream infections, or bone infections, are very rare in healthy people who get MRSA skin infections.

How is MRSA transmitted?


MRSA is usually transmitted by direct skin-to-skin contact or contact with shared items or surfaces that have come into contact with someone else's infection, (e.g. towels or used bandages).

Where do MRSA skin infections occur?

MRSA skin infections can occur anywhere. Some areas of the body have factors that make it easier for MRSA to be transmitted. These factors, referred to as the 5 C's are:

- Crowding
- Frequent skin-to-skin Contact
- Compromised skin (i.e. cuts or abrasions)
- Contaminated items and surfaces, and
- Lack of Cleanliness


Locations where the 5 C's are common include schools, dormitories, military barracks, households, correctional facilities, and daycare centers.





How do I protect myself from getting MRSA

You can protect yourself by:

- Practicing good hygiene such as keeping your hands clean by washing with soap and water or using an alcohol-based hand sanitizer and showering immediately after participating in exercise.
 - Covering skin trauma such as abrasions or cuts with a clean dry bandage until healed.
 - Avoiding sharing personal item (e.g., towels, razors) that come into contact with your bare skin;
 - Using a barrier (e.g., clothing or a towel) between your skin and shared equipment such as weight-training benches.
 - Maintaining a clean environment by establishing cleaning procedures for frequently touched surfaces and surfaces that come into direct contact with people's skin.
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HOW TO PREVENT SPREADING OF MRSA SKIN INFECTIONS

- Wounds need to be covered. Keep wounds that are draining or have pus covered with clean, dry bandages until healed.
- Follow your healthcare provider's instructions on proper care of the wound. Pus from infected wounds can contain staph, including MRSA, so keeping the infection covered will help prevent the spread to others.
- Bandages and tape can be discarded with the regular trash.
- Clean your hands frequently. You, your family, and others in close contact should wash their hands frequently with soap and water or use an alcohol-based hand sanitizer, especially after changing the bandage or touching the infected wound.
- Do not share personal items. Avoid sharing personal items, such as towels, washcloths, razors, clothing, or uniforms, that have come in contact with the infected wound or bandage.
- Wash sheets, towels, and clothes that become soiled with water and laundry detergent. Use a dryer to dry clothes completely

SHOULD STUDENTS WITH MRSA SKIN INFECTION BE EXCLUDED FROM ATTENDING SCHOOL?

Unless directed by a physician, students with MRSA infections *should not* be excluded from attending school.

Exclusion from school and sports activities should be reserved for those with wound drainage ('pus') that cannot be covered and contained with a clean, dry bandage and for those who cannot maintain good personal hygiene.



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Available 24/7 during the Academic Year

MRSA

Methicillin Resistant Staphylococcus aureus

Don't open the door to infection.



ANY OPENING IN YOUR SKIN INCREASES THE RISK OF INFECTION.

Clean
Dry and
Covered!

www.cdc.gov/mrsa

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