



MRSA Fact Sheet

What is MRSA?

- * MRSA stands for Methicillin-Resistant Staphylococcus aureus - a bacteria.
- * Staphylococcus aureus commonly lives on the skin or in noses of healthy people and may result in infections. MRSA is a type of staph (bacteria) that is resistant to antibiotics - making it more difficult to treat.
- * MRSA is a common cause of minor skin infections, but may cause more serious infections such as pneumonia, deep skin infections, blood and surgical wound infections.

Where Does MRSA Come From?

- * MRSA infections may be found anywhere people gather: sporting or social events, daycare centers, homes, healthcare facilities, etc.
- * Over the years MRSA has become more resistant to antibiotics. Resistant means that it can no longer be killed easily by some antibiotics. However, at this time most MRSA can still be killed by common antibiotics.

What Do MRSA Infections Look Like?

- * Most commonly they appear as skin infections that may be mistaken for a "spider bite" or infected pimple.
- * The infected area is often red, swollen and painful to the touch.
- * Pus may drain from the infected area.
- * Less commonly, MRSA may cause pneumonia, bone infections, recurrent urinary tract infections or other more serious infections.

What is MRSA Colonization?

- * Colonization means that MRSA is present on or in the body without causing illness.
- * People who are either colonized or infected may spread MRSA to other people.

How is MRSA Spread?

- * By not washing your hands frequently!
- * By touching anyone with a MRSA infection and not washing your hands.
- * By touching anything contaminated with MRSA and not washing your hands.

What You Can Do To Stop The Spread of MRSA:

- * Keep your hands clean by washing them frequently.
- * Keep cuts clean and covered.
- * Do not touch open sores directly or drainage from sores.
- * Do not touch anything directly that touches sores or drainage.
- * Do not share or allow sharing of personal items such as razors, towels, toothbrushes, water bottles, sports equipment or anything that directly touches your body.
- * Maintain routine schedules for cleaning surfaces and personal articles.
- * Clean any surface or personal article immediately if it has been contaminated by any sore or drainage.
- * Clean surfaces with disinfectant and clean high-touch surfaces daily (e.g., doorknobs, light switches, drinking fountains, faucet handles, bed rails, wheelchairs and surfaces in and around toilets).
- * Clean objects such as sports, personal, gym and shared items before and after use.
- * Shower with soap and water immediately after participating in sports or working out in a gym.
- * Wash dirty clothes, linens and towels with hot water and laundry detergent.
- * Dry clothes in a hot dryer, rather than air-drying them.
- * Assure that anyone treated for MRSA complete the full course of antibiotics as prescribed by their doctor.

What Should You Do If You Think You May Have MRSA:

- * Contact Your Doctor!

RESOURCE: Centers for Disease Control & Prevention (CDC)