



STEPS TO PREVENT MRSA INFECTION

WHAT IS MRSA?

Methicillin-resistant Staphylococcus Aureus (MRSA) is a type of skin or soft tissue infection that is resistant to most standard antibiotics including Penicillin. MRSA is spread by close contact with an infected person, either by direct skin contact or indirect contact with shared objects or surfaces, such as shared towels, razors, soap, wound bandages, bedding, clothes, hot tub or sauna benches, and athletic equipment. Wound drainage or pus is very infectious.

STEPS TO PREVENT MRSA INFECTION:

- **KEEP HANDS CLEAN.** Always wash hands for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizing gel or liquid.
- **TREAT CUTS, SCRAPES, AND ABRASIONS IMMEDIATELY.** Keep wounds covered until healed. If a red, swollen, "spider bite" appears, get immediate medical attention.
- **AVOID CONTACT WITH OTHER PEOPLE'S WOUNDS OR BANDAGES.**
- **SHOWER AFTER PHYSICAL ACTIVITY.** Bacteria grow best in warm, moist environments such as those created after physical activity.
- **AVOID SHARING PERSONAL ITEMS SUCH AS TOWELS OR RAZOR, BAR SOAP, BEDDING, CLOTHING, ETC...**
- **SANITIZE GYM EQUIPMENT BEFORE AND AFTER USE.** To effectively kill MRSA, use an EPA registered disinfectant. For a list of products effective against MRSA, go to <http://epa.gov/oppad001/chemregindex.htm>

For more information on health effects of MRSA and how to prevent infection, go to the CDC's website at www.cdc.gov/Features/MRSA

All cases of MRSA are to be reported to the IWU Health Center.

Please contact the IWU Health Center at 765-677-2206 if you have any questions.