

Preventing MRSA and Other Infections

Methicillin-Resistant *Staphylococcus aureus*



Personal Hygiene

- Wash hands before preparing food or eating, before and after touching wounds or bandages, after coughing/sneezing/blowing your nose, or whenever hands are visibly soiled.
- Shower daily—always after working out—dry off with your own clean towel and put on clean clothes.
- Do not share personal items like towels, bar soap, wash cloths, razors, clothing or jars ointment—even among family members.
- Use clothing or a towel as a barrier between skin and shared surfaces, like exercise equipment.
- Cover your mouth and nose with a tissue or shirt sleeve when sneezing or coughing.
- Properly dispose of tissues.



Hand Hygiene

- Wash hands with soap and water and scrub for at least 15-20 seconds. Dry with a clean cloth or paper towel, or forced warm air.
- An alcohol-based hand sanitizer, like Purell, is perfectly acceptable to use when soap and water are not available.



Wound Care

- Keep wounds clean, dry and covered with a fresh bandage.
- Avoid touching other people's wounds or soiled bandages. Properly dispose of all wound care bandages.
- Watch for signs of infection. If a cut or scrape becomes red, swollen, painful, warm to the touch or starts draining pus, consult your healthcare provider.
- If wound drainage can not be fully contained under a bandage, avoid close contact with others (work, school, sports activities) to prevent the spread of MRSA.



Antibiotics - Medications

- Use antibiotics only as directed by a healthcare provider.
- Do not take antibiotics for viral infections, like colds and flu.
- Do not save antibiotics for later use or share them with others.



Cleaning

- Routinely disinfect common touch surfaces (i.e., door knobs, desks, keyboards, shared toys, shared equipment, and phones)
- Follow label instructions for appropriate dilutions and contact times to be sure that surfaces are properly disinfected.
- Types of disinfecting products include diluted bleach (1:100) and Lysol.



Laundry

- Wash clothes, towels and sheets in water at the hottest suitable temperature with laundry detergent. Add bleach, if desired. (check label instructions).
- Dry in a dryer at hottest suitable temperature—do not line dry.

For more information call 1-888-295-5156



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