



STOP BAD BUGS

WHAT IS MRSA?

MRSA stands for Methicillin-resistant Staphylococcus aureus. It is a commonly found bacteria, "staph", that has become resistant to certain types of antibiotics. If not treated properly and soon, this can be fatal.

WHAT DOES A STAPH OR MRSA INFECTION LOOK LIKE?

It can cause skin infections that may look like a pimple or boil and can be red, swollen, painful or have pus or other drainage. More serious infections may cause pneumonia, bloodstream infections, or surgical wound infections.

Factors that have been connected with the spread of MRSA skin infections include: close skin-to-skin contact, openings in the skin such as cuts or abrasions, contaminated items and surfaces, crowded living conditions, and poor hygiene.

These infections are treatable. See your trainer, team doctor or someone in Student Health right away if you have any concerns.

WHAT CAN YOU DO TO PREVENT STAPH OR MRSA SKIN INFECTIONS?

Practice good hygiene:

1. Keep your hands clean by washing thoroughly with soap and water or using alcohol-based hand sanitizer.
2. Keep cuts and scrapes clean and covered with a bandage until healed.
3. Avoid contact with other people's wounds or bandages
4. Avoid sharing personal items such as towels or razors.