

PREVENTION TIPS:

KEEP HANDS AND SKIN CLEAN

Keep your hands and skin clean to help prevent the spread of infection.

- ▶ Wash your hands often.
- ▶ Do not go to gyms or health clubs if you have skin lesions that cannot be covered or wound drainage that cannot be contained with a bandage.
- ▶ Shower as soon as possible after exercise or athletic activities.
- ▶ Do not share razors, towels, or clothing with others.
- ▶ Disinfect surfaces of exercise and sports equipment before and after you use it. Ask your gym to provide cleaning supplies near equipment for easy clean-up.



- ▶ Wash clothes and linens in hot water with detergent.
- ▶ Dry clothes and linens in a hot dryer before others use them.



QUESTIONS AND NOTES

MORE INFORMATION:

Wisconsin Department of Health Services

<https://www.dhs.wisconsin.gov/disease/aro.htm>

Centers for Disease Control and Prevention

<http://www.cdc.gov/mrsa/community/>

<http://www.cdc.gov/handhygiene/providers/training/>

Wisconsin Department of Health Services

Division of Public Health

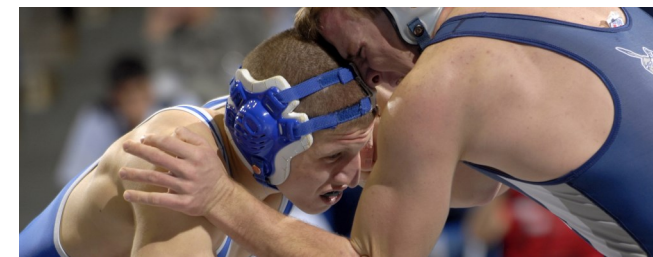
Bureau of Communicable Diseases

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Community Associated Methicillin Resistant *Staphylococcus aureus* (CA-MRSA)

Patient Information and Prevention Tips



WHAT IS STAPH?

“*Staph*” is the common word for *Staphylococcus aureus*. It is a bacterium that is found on your skin or in your nose. Most people have staph on their skin without any signs of infection. But, when staph gets into a cut or scratch on your skin it can cause an infection of the soft tissue or skin.

WHAT IS MRSA?

MRSA stands for methicillin resistant *Staphylococcus aureus*. It is a type of staph that is resistant to many antibiotics. People in hospitals and in long-term care facilities are at highest risk of getting an infection with MRSA.

WHAT IS CA-MRSA

CA-MRSA stands for community-associated MRSA. This is a new form of MRSA that is becoming common in the general population. Anyone can get CA-MRSA, but you are at higher risk if you have close skin-to-skin contact, skin cuts or scratches, or contact with shared exercise equipment. Football players, wrestlers, health club users, children under age two, and military recruits are those at highest risk for CA-MRSA.



Methicillin-resistant *Staphylococcus aureus* (MRSA)

WHAT CAN I DO IF I HAVE CA-MRSA?

- ▶ **WASH YOUR HANDS.** Wash your hands with soap and water, rubbing for at least 20 seconds before rinsing. Make sure to wash before close contact with others and after touching infected areas, used bandages, or infected body fluids. You can use alcohol-based hand sanitizers when hands are not visibly dirty.
- ▶ **ENCOURAGE OTHERS TO WASH THEIR HANDS.** Others should wash their hands after close contact with you including cleaning your wounds, and touching used bandages or infected body fluids.
- ▶ **DO NOT SWIM.** Do not use public pools, hot tubs, or whirlpools if you have open skin wounds, even if the wounds are covered with bandages.
- ▶ **COVER WOUNDS.** Use clean, dry dressings or bandages to cover wounds.
- ▶ **SEAL SOILED BANDAGES.** Soiled bandages and dressings should be put in a sealable plastic bag *before* being thrown away in the regular trash.
- ▶ **STAY HOME IF WOUND DRAINAGE CANNOT BE CONTAINED BY DRESSINGS OR BANDAGES.** Do not go to work, school, or daycare until the wound drainage can be contained in a dressing.

- ▶ **CLEAN AND DISINFECT CONTAMINATED SURFACES.** Use a household disinfectant to clean contaminated surfaces, such as bleach solution (e.g., 1/4 cup bleach to 2 cups water). Examples of surfaces are: kitchen and bathroom countertops, doorknobs, toilets, or any other areas that are touched by an infected person’s hands or skin.

PREVENTION TIPS: KEEP SKIN HEALTHY

Staph is less likely to cause infections if skin is free of cuts, scratches, or abrasions. Keep your skin healthy by making sure you do the following:

WEAR GLOVES. Wear gloves when working in the yard or sports gloves when using gym equipment.



USE TOWELS. Use a towel or clothing as a barrier between exercise equipment and bare skin when going to a gym or health club.

COVER YOUR SKIN. Wear long-sleeved shirts and long pants to protect your skin during activities that may cause skin damage.



USE BANDAGES. Cover all cuts and open sores with bandages.

APPLY LOTION. Moisturize your skin regularly with lotions or other types of moisturizers to keep your skin from cracking.