

METHICILLIN-RESISTANT STAPHYLOCOCCUS AUREUS MRSA

In the community most MRSA infections are skin infections that may appear as pustules or boils which often are red, swollen, painful, or have pus or other drainage. These skin infections commonly occur at sites of visible skin trauma, such as cuts and abrasions, and areas of the body covered by hair (back of neck, groin, buttock, armpit, and beard area of men).

Almost all MRSA skin infections can be effectively treated by drainage of pus with or without antibiotics. More serious infections, such as pneumonia, bloodstream infections, or bone infections, are very rare in healthy people who get MRSA skin infections.

MRSA is usually transmitted by direct skin-to-skin contact or contact with shared items or surfaces that have come into contact with someone else's infection (towels, used bandages etc...).

MRSA skin infections can occur anywhere. Some settings have factors that make it easier for MRSA to be transmitted. These factors, referred to as the 5 C's, are as follows: Crowding, frequent skin-to-skin Contact, Compromised skin (cuts or abrasions), Contaminated items and surfaces, and lack of Cleanliness.

You can protect yourself by:

Practicing good hygiene (keeping your hands clean by washing with soap and water or using an alcohol-based sanitizer and showering immediately after participating in exercise).

Covering skin trauma such as abrasions or cuts with a clean dry bandage until healed.

Avoid sharing personal items (towels, razors) that come into contact with your bare skin; and using a barrier (clothing or towel) between your skin and shared equipment such as weight-training benches.

Maintaining a clean environment by cleaning frequently touched surfaces and surfaces that come into direct contact with people's skin.