

# Did you know?

March 09

## Quick facts about MRSA

### What is MRSA?

(Methicillin resistant staphylococcus aureus)

- Bacteria called “staphylococcus aureus” are germs that live naturally in our body.
- We normally find Staphylococcus on our skin and inside our noses.
- Antibiotics are drugs used to treat infections that may be caused by these germs.
- When these drugs don’t kill these germs, it is know as drug resistant.
- MRSA can be found at day cares, schools, gyms, churches, grocery carts, counters, door knobs, gas pumps, etc. – not just in hospitals.

### How do I get MRSA?

- MRSA can live for days to months on surface and fabrics.
- It can enter your body through your nose, cuts, and scratches if you just touched an unclean surface.
- It can be spread by touching a person with the germ.  
and / or
- It can be spread when hands touch a surface that has the germ on it.

### What does MRSA look like?



CDC Public Health Image Library

### What do I do now?

- Ongoing communication is important. Notify your doctor or nurse if you have ever been told you have MRSA.
- Wash your hands after touching something that is dirty, before preparing / eating food, before & after changing a bandage if you have a sore or wound.
- All disposable waste, like bandages, can be discarded in plastic bags. Tie them closed and throw away in regular trash.
- Use a household disinfectant from the grocery store to clean surfaces in your home. Follow the directions because many will say it kills MRSA.

### How do you help prevent a MRSA infection?

- If you are here for a procedure or test, tell the person at the registration desk if you’ve ever had MRSA.
- Keep wounds covered until they are healed. Do not visit if you cannot contain drainage from wounds / sore or if you have a fever or cough.
- Wash your hands often with soap and warm water for at least 15 seconds.
- Sink not available? Use alcohol –based hand sanitizer or hand gel.
- Do not take antibiotics without a prescription from your doctor. Finish all prescribed antibiotics.
- Do not share personal care items (razors, towels, etc.) or any item that comes in contact with skin.