



MRSA Infection

Got a Bug?

International
Infection Prevention
Week 2007



This brochure is made possible by
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What is MRSA?

MRSA stands for Methicillin-Resistant *Staphylococcus aureus*. Methicillin is a form of penicillin (an antibiotic) used to treat infections. *Staphylococcus aureus* is a germ that is commonly found in the nose and on the skin. It can be transferred to other parts of the body. Sometimes this germ becomes strong enough to resist being killed by Methicillin, Penicillin, and other antibiotics. It is common in the community.

How do I get MRSA and how is it spread?

Any activity that causes a break in the skin. Any injury, poor health, using or sharing dirty items can cause MRSA. MRSA can spread among people having close contact with people who already have MRSA. It is spread by direct physical contact such as touching objects (sheets, clothes, towels, dirty dressings workout areas and sports equipment).

How can I stop the spread of infections?

Practice good hygiene....

- Keep your hands clean by washing with soap and water.
- Keep cuts and scrapes clean and covered with a dressing.
- Avoid touching the wounds of other people.
- Cover your mouth and nose when you sneeze or cough.
- **Do Not** share your towels or other personal items with others.
- Use alcohol hand gel when soap and water are not available.

For Athletes & Coaches:

- Cover all wounds. If a wound cannot be covered adequately, consider excluding players with potentially infectious skin lesions from practice or competitions until the lesions are healed or can be covered adequately.
- Encourage good hygiene, including showering and washing with soap after all practices and competitions.
- Ensure availability of adequate soap and water.
- Discourage sharing of towels and personal items (clothing and equipment).
- Establish routine cleaning schedules for shared equipment.
- Train athletes and coaches in first aid for wounds and recognition of wounds that are potentially infected.
- Encourage coaches to assess athletes regularly for skin lesions.



This information is provided by caring professionals
from The Dallas/Fort Worth Chapter, Association
For Professionals in Infection Control &
Epidemiology