When should hands be washed?
- Whenever the skin comes into contact with other people or with shared surfaces or equipment;
- Before and after athletic practice, games, or working out;
- After sneezing, coughing, blowing or touching the nose;
- Before and after touching the eyes, nose, or mouth, or skin that has open sores, boils and skin rashes;
- After using the toilet or urinal;
- After touching any item soiled with wound fluids, such as bandages, dressings or bedding;
- After cleaning the bathroom, changing your bedding, or doing laundry; and
- Before preparing food, eating, or drinking.

What else can be done to help prevent MRSA and staph infections?
- Bathe regularly,
- Take good care of the skin; avoid skin damage, clean damaged skin promptly with soap and water,
- Keep cuts and scrapes clean and covered with a bandage until healed.

Pus from infected wounds can contain staph and MRSA.
- Don't share personal items such as towels, clothing, or other items that touch skin, and use a barrier (e.g., clothing or a towel) between your skin and shared equipment such as weight-training benches.
- Wash soiled clothes, sheets, and towels with water and laundry detergent and dry completely in a hot dryer.

For more information about MRSA and staph infections, contact your doctor, local health department or school nurse.

References:
Centers for Disease Control and Prevention, Questions and Answers about Methicillin-Resistant Staphylococcus aureus (MRSA) in Schools, http://www.cdc.gov/Features/MRSAinSchools/

Adapted from "A Parent’s Guide to MRSA in California" a publication of the California Department of Public Health Division of Communicable Disease Control Infectious Diseases Branch www.cdph.ca.gov
What is Staphylococcus aureus?

Staphylococcus aureus (staph) are bacteria that many healthy people carry on their skin or in their nose. About 25% to 30% of people have staph on their skin or in their nose. Staph is usually not harmful. However, staph can sometimes cause infections like pneumonia, blood or joint infections, and deep skin infections. MRSA infections do not look any different than those caused by ordinary staph.

What is MRSA?

Methicillin-resistant Staphylococcus aureus (MRSA) is a type of staph that is not killed by penicillin and similar antibiotics. About 75% of all MRSA infections are caused by MRSA. MRSA is a type of staph that is not killed by penicillin and similar antibiotics. About 1 out of every 100 people carries MRSA.

What do staph and MRSA infections look like?

Common skin conditions caused by staph and MRSA may look like any of the following:

- Sores that look and feel like spider bites (but are not spider bites);
- Red painful bumps under the skin, called boils or abscesses;
- A cut that is swollen, hot, and filled with pus;
- A boil or abscess;
- A pustule that is swollen, hot, and painful;
- Blisters filled with fluid or red skin with a honey-colored crust (usually on the face);
- Red, warm, firm skin area that is painful and gets bigger over time (usually on the legs).

How does a person get staph or MRSA?

Staph and MRSA can be spread when a person:

- Has direct skin-to-skin contact with an infected person;
- Touches a surface that has staph on it from someone else’s infection (e.g., towels, athletic equipment, used bandages).

Staph is not usually passed through the air.

How are staph and MRSA infections treated?

Staph and MRSA infections are treated by draining the sores and may require antibiotics. Draining these sores should be done by a doctor. Sometimes skin infections are treated by

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What should I do if I think my child has MRSA?

If you think your child has MRSA, call a doctor. Do not ignore the sore and hope it will go away.

What is the最容易 way to prevent MRSA?

Hand washing is the easiest way to prevent MRSA. Follow these steps in this pamphlet and follow the prevention steps if this pamphlet if you have the infection.

Get well. Warm. Remember that is painful and not infec.

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