

## STAPH PREVENTION PROGRAM



### Treat and cover wounds

Any open wound is a potential entry point for MRSA. Treat wounds with antiseptic to kill germs that may cause infection and keep them covered for protection. Avoid using unnecessary antibiotics.

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### Don't share personal items (like towels)

Germs can live on clothing and gear for over 24 hours. Avoid sharing personal items such as towels, razors, soap, uniforms and any sports equipment that directly touches your body.

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### Shower after physical activity

If you participate in sports, shower after each event with soap. Close skin to skin contact is one of the main ways MRSA is being spread among athletes.

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### Properly clean gear and equipment

Germs can live on athletic mats, gym equipment, sports equipment and clothing. Clean and disinfect all objects before and after use, especially if it's shared.

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### Keep hands clean

One of the easiest ways to protect yourself is to wash your hands.

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### Consult your physician for all active wounds

If you think you have an infection, be sure to contact your physician. Staph bacteria, including MRSA, can cause skin infections that may look like a pimple, boil or ingrown hair and can be red, swollen, painful, or have pus and other drainage. Serious infections may cause pneumonia, bloodstream infections, or even death. In order to determine if an infection is MRSA, it must be cultured by a physician.

**If you have a MRSA or staph infection, protect others from getting infected from you.**

- Cover your wound with clean, dry bandages and follow your healthcare provider's instructions on how to take care of the wound. Drainage (pus) from sores can spread bacteria to other body parts or other people.
- Clean your hands frequently.
- Do not share personal items such as towels, washcloths, razors or clothing that may have had contact with the infected wound or bandage.

**Talk to your doctor.**