## MedExpress Health Tips

## MRSA infection

Staph, or MRSA, are bacterial infections that can look like a variety of skin infections. It may appear to be a blister, a spider bite, or red skin with a honey-colored crust. Be suspicious of cuts that are swollen, hot, and filled with pus.

How does it spread? Staph infections are usually transmitted by skin-to-skin contact. The five C's make it easier for bacteria to spread:

- + CROWDING
- + CONTACT
- + COMPROMISED SKIN (CUTS OR ABRASIONS)
- + CONTAMINATED SURFACES
- + CLEANLINESS (LACK THEREOF)

## PREVENTION:

- + WASH YOUR HANDS REGULARLY
- + USE ANTIBACTERIAL LOTION REGULARLY
- + AVOID SHARING PERSONAL ITEMS (TOWELS, ETC.)
- + KEEP CUTS AND SCRAPES COVERED UNTIL HEALED
- + WASH AND DRY SOILED CLOTHES THOROUGHLY

## How often should you wash your hands?

- + AFTER CONTACT WITH PEOPLE OR SHARED SURFACES
- + AFTER SNEEZING, COUGHING, OR BLOWING YOUR NOSE
- + AFTER USING THE RESTROOM
- + BEFORE PREPARING FOOD
- + AFTER TOUCHING ANY SOILED BANDAGES OR DRESSINGS



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This information is not intended to replace the advice of a physician. It is information that is generally available. Each person has unique medical needs based on several factors including: age, genetics, body type and build, medications, exposures to illness, and medical history, to name a few. Always seek the advice of a physician or other qualified healthcare provider with any questions you may have regarding a medical condition that you are experiencing. If you are suffering from a non-emergent medical situation, it is suggested that you visit the nearest MedExpress Urgent Care center or your family physician. If you believe you are experiencing a medical emergency, call 911.