

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