

# How To Prevent MRSA Infection?

Methicillin Resistant Staphylococcus Aureus

## What is MRSA?

Staphylococcus Aureus is a bacterium that commonly lives on people's skin, or in the nose. MRSA is the term for Staphylococcus aureus bacteria that have become resistant to semi-synthetic penicillins. In the elderly, those with chronic conditions and those whose immune system is impaired, MRSA can cause serious infection.

## How can I do to decrease the spread of MRSA?

- Wash your hands regularly and properly with soap and water. Rub your hands together for at least 15 seconds and scrub between fingers and around nails.
- Wash your hands before and after you touch your eyes, nose, mouth, genitals, pimples, boils, sores or rashes.
- Use hand sanitizer with no less than 60% to clean your hands if soap and water are not available.
- Keep wounds that are draining covered with clean, dry bandage at all times until they are healed.
- Maintain good general hygiene with regular showering.
- Don't share towels, razors, bar soap, toothbrushes or other personal items.
- If you have signs of an infection, seek appropriate medical care promptly.

## How is MRSA spread?

MRSA bacteria are spread through direct person-to-person contact with an infected person. It can be passed from hands that are not clean to any person, object or surface they touch. When hands are washed thoroughly or rubbed with an alcohol-based hand products, MRSA will be removed.

## What are the signs and symptoms of MRSA infection?

Skin infections from MRSA do not all look the same. Do not try to diagnosis yourself whether you have a MRSA infection. Call your doctor if you have the following signs and symptoms :

- A sore that looks like a spider bite-MRSA is not caused by spiders.
- A large, red painful bump under the skin.
- A cut or sore that is swollen, hot, and oozing pus or blood.
- Blisters filled with fluid.

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