

How can I prevent CA-MRSA skin infections?

1. Keep your hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer.
2. Shower with soap after working out or playing contact sports.
3. Keep cuts and scrapes clean and covered with a bandage until healed.
4. Avoid contact with other people's wounds or bandages.
5. Do not share personal items such as towels or razors.



Hand washing helps prevent the spread of bacteria.

CA-MRSA Quick Facts:

- *Anyone can get CA-MRSA.*
- *CA-MRSA is not spread through the air, it is spread most frequently by direct skin-to-skin contact.*
- *If you think you have a CA-MRSA skin infection, seek medical care right away. A test called a culture is the only way to know for sure if you have CA-MRSA.*
- *Most CA-MRSA infections are treatable with antibiotics. If you are given antibiotics, be sure to finish all of your medicine.*



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Methicillin-resistant
Staphylococcus aureus

Community Associated-MRSA

Preventing CA-MRSA Infections in the Community



What is *Staphylococcus aureus* or staph?

Staph is a type of bacteria commonly found on the skin or in the nose of healthy people. These bacteria often cause minor skin infections and are treated without antibiotics. However, sometimes staph bacteria can cause serious infections such as surgical wound infections, bloodstream infections and pneumonia.

What is MRSA?

Some staph bacteria are resistant to certain antibiotics, making them harder to treat. One type is called methicillin-resistant *Staphylococcus aureus* (MRSA). MRSA infections occur most frequently among people who have been treated at a healthcare facility.

What is community-associated MRSA?

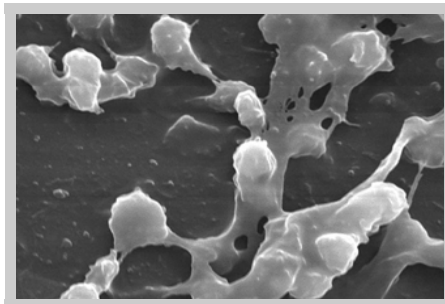
Staph and MRSA can also cause illness in people outside of hospitals and healthcare facilities. A MRSA infection in a person who has not been treated at the hospital or had a medical procedure within the last year is known as community-associated MRSA (CA-MRSA). CA-MRSA infections are becoming more common in schools, gyms, recreation centers and health clubs.



What does a CA-MRSA infection look like?

Skin infections caused by CA-MRSA can be red, swollen, painful, or have pus or drainage. Sometimes the infections begin with a red area on the skin that looks like a pimple. People often think CA-MRSA skin infections are insect or spider bites.

Sometimes minor infections become hard to treat and can cause pneumonia or bloodstream infections.



Some staph bacteria are resistant to antibiotics. That makes them harder to treat. One type is called MRSA.

How is CA-MRSA spread?

CA-MRSA is spread most frequently by direct skin-to-skin contact. This means it can be spread among people who are in close contact with each other, such as household members, people who live in dorms, and people who play close-contact sports (like wrestling and football). Also, it can be spread when people come in contact with contaminated items such as towels, razors, clothing/uniforms and athletic equipment.

You can protect yourself from infections by practicing good hygiene. Follow these simple steps:

- Keep your hands clean by washing with soap and water or using an alcohol-based hand rub.
- Shower with soap after working out. Also, athletes who play contact sports (like wrestling and football) should shower with soap after practices and competitions.
- If you have a cut or scrape cover it with a clean, dry bandage. Do not touch other people's cuts or bandages.
- Do not share personal items such as towels, razors, cosmetics or deodorant.
- Use a barrier, such as clothing or a towel, between your skin and shared athletic equipment. Also, wipe surfaces of equipment before and after you use them.
- Wash clothing and uniforms routinely in hot water. Do not share athletic gear unless it is cleaned regularly.