

PROTECT AGAINST SKIN INFECTIONS SUCH AS MRSA

MRSA (Methicillin-resistant Staphylococcus aureus)

Multidrug-resistant organisms are bacteria and other organisms that have developed resistance to certain antibiotics including methicillin, penicillin and amoxicillin. Methicillin-resistant Staphylococcus aureus (MRSA) is perhaps the most well known of these.

MRSA is a staph infection that occurs most frequently among persons in hospitals and healthcare facilities (such as nursing homes) who have weakened immune systems. MRSA infections may also occur in otherwise healthy people who have not been recently hospitalized or had a medical procedure. These infections are known as community-associated infections or CA-MRSA.

A staph or MRSA infection is a skin infection that can look like a pimple or boil and can be red, swollen, painful, or have pus or other drainage.

MRSA infections can be spread through:

- Openings in the skin such as cuts and abrasions,
- Direct contact with an infected person,
- Contact with objects that have been contaminated by an infected person such as towels, linens, wound dressings, clothes, workout equipment, or other objects, and
- Use of medical equipment contaminated by an infected person.

Practicing good hygiene can help prevent infections. Other prevention tips include:

- Keeping your hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer.
- Keeping cuts and scrapes clean and covered with a bandage until healed.
- Avoiding contact with other people's wounds or bandages.
- Avoiding sharing personal items such as towels or razors.

If you think you have a staph infection you should visit your healthcare provider for treatment. If after visiting your healthcare provider the skin infection has not improved over a few days, contact them again. For more information on MRSA you can visit the Tulsa Health Department website at www.tulsa-health.org



918.582.9355
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