

### ***STAPH / MRSA Infections***

Staph has been around for many years. The fact is that many healthy people carry Staph, including MRSA, in their nose or on their skin and do not know they are carrying it; nor do they get infections or show signs of illness. Staph can cause an infection, and most of these kinds of infections are minor and can be treated without antibiotics. Typically, these are skin infections and are seen as similar to a pimple or boil. They may be red, swollen and painful or have pus. MRSA is resistant to certain antibiotics. MRSA skin infections can spread through close skin to skin contact, openings in the skin such as cuts or abrasions, and contaminated items and surfaces.

#### ***To prevent the spread of Staph/MRSA***

- ***Wash hands frequently with soap and water or alcohol based sanitizer***
- ***Do not share personal care items such as clothing, towels, razors or uniforms/equipment***
- ***Clean new scrapes cuts and wounds as soon as possible***
- ***Cover wounds that have pus or drainage with a bandage***
- ***Wash clothes, sheets and towels that have been soiled with drainage from wounds or sores***
- ***Do not touch other people's wounds or sores***
- ***Visit a health care provider if you think you have an infection***

For more information, [www.fcps.org](http://www.fcps.org) has a good link to Staph/MRSA info. Click on the "Stay Well" icon in the apple and then information can be found in the upper left hand corner. Frederick County Health Department has information on their website [www.co.frederick.md.us/health](http://www.co.frederick.md.us/health) or information line at 301-600-4786. Also the National Center of Disease Control at [www.cdc.gov](http://www.cdc.gov).