

# **MRSA Awareness**

MRSA is the acronym for Methicillin Resistant Staphylococcus aureus bacteria. MRSA is a strain of the common Staphylococcus aureus bacteria that has mutated and become unable to be killed by commonly used antibiotics. Previously it was found almost exclusively in hospitals, but now it is a rapidly growing problem in our communities (CA-MRSA, or Community Acquired MRSA).

## **Preventing CA-MRSA**

The MRSA bacteria is easily passed from one person to another, but these common sense precautions can help reduce the risk.

- Keep personal items personal. Avoid sharing personal items such as towels, razors, soap, clothing or athletic equipment.
- Keep wounds covered. Keep cuts and abrasions clean and covered with a sterile dry bandage until they heal. The bandage should adhere to the skin on all sides.
- Wash your hands. Careful hand washing remains the best defense against germs. Encourage everyone to scrub their hands briskly for at least 20 seconds, then dry them with a disposable towel. Turn the faucet off and open the restroom door with another disposable towel. Carry a small bottle of hand sanitizer containing at least 62 % alcohol for times when there is not access to soap and water.
- Clean surfaces daily – tables, door knobs, sinks/faucets, etc. with commercial disinfectant or a 1:100 solution of diluted Clorox bleach (1 tablespoon bleach in 1 quart of water)

Information from:  
cdc.gov  
mayoclinic.com  
schoolhealth.com