

# MRSA

## Methicillin-Resistant Staphylococcus aureus



MRSA skin infections can occur anywhere. Staph is a type of bacteria. It may cause skin infections and look like pimples or boils. Skin infections caused by Staph may be red, swollen, painful, or have pus or other drainage. Some Staph known as MRSA are resistant to certain antibiotics, making it harder to treat.

Some factors that make it easier for MRSA to be transmitted include:

1. **Crowding**
2. Frequent skin-to-skin **Contact**
3. **Compromised** skin (i.e. cuts or abrasions)
4. **Contaminated** items and surfaces
5. Lack of **Cleanliness**

Locations where the 5 **C's** are common include schools, dormitories, military barracks, households, correctional facilities, and daycare centers.

For more information, visit:

[www.cdc.gov/ncidod/dhqp/ar\\_mrsa.html](http://www.cdc.gov/ncidod/dhqp/ar_mrsa.html)

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## **Protect Yourself from MRSA**

- Practice good hygiene like washing your hands with soap and water for 20 seconds (the time it takes to sing “Happy Birthday” twice or say the Lord’s Prayer).
- Use an alcohol-based hand sanitizer and shower immediately after participating in exercise.
- Cover skin trauma such as abrasions and cuts with a clean, dry bandage until healed.
- Avoid sharing personal items (i.e. razors, towels) that come into contact with your bare skin.
- Use a barrier such as towel or cloth between your skin and shared equipment such as weight-training benches.
- Maintain a clean environment with established cleaning procedures for frequently touched surfaces and surfaces that come into direct contact with people’s skin.

“... touch no unclean thing; ... be ye clean, that bear the vessels of the Lord.” Isaiah 52:11

Provided by:  
Community of Christ Health Ministries Association  
[HMA@CofChrist.org](mailto:HMA@CofChrist.org) 816-833-1000 ext 1262  
[www.HMACofChrist.org](http://www.HMACofChrist.org)

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