

## Background

MRSA is methicillin-resistant *Staphylococcus aureus*, a potentially dangerous type of staph bacteria. It is resistant to certain antibiotics and can cause many types of infections.

## Symptoms

MRSA typically causes skin infections which appear as a bump or infected area on the skin that may be:

- Red
- Swollen
- Painful
- Warm to the touch
- Full of pus or other drainage
- Accompanied by a fever

In healthcare settings, MRSA can cause:

- Bloodstream infections
- Pneumonia
- Surgical site infections

## How MRSA Spreads

MRSA is spread by contact with infected individuals or items that are carrying the bacteria. This includes:

- Sharing personal items such as towels or razors that have touched infected skin
- Touching surfaces or items, such as bandages or athletic equipment, that have been contaminated with MRSA.

## Who is at risk

Anyone can get MRSA, but risk increases with activities or places that involve crowding, skin-to-skin contact, and shared equipment/supplies. Athletes, early childhood education centers, school students, and those who receive inpatient medical care are at an increased risk of infection.

## Prevention

Maintain good hand and body hygiene, washing often.

Keep cuts and scrapes clean and covered until fully healed.

Avoid sharing personal items such as towels or razors.

In a high risk environment, clean and disinfect shared items such as toys or mats.

Early identification and care of an infection is key!

## What if a person in my facility has MRSA

Typically, unless directed by a physician or public health professional, an individual with MRSA does not have to be excluded from the facility. Follow these tips to keep everyone safe:

- Cover the wounds with clean, dry bandages until healed
- Have the individual follow their healthcare provider's instructions about proper wound care
- Clean everyone's hands often
- Do not share personal items, including clothing
- Wash laundry before use by others
- For early childhood education centers, disinfect equipment after changing diapers or playing with toys

## What disinfectants should I use

Disinfectant effective against *Staphylococcus aureus* or staph are also effective against MRSA. Check the products label on the back of the container for a list of germs that it can destroy. Visit the EPA List H for a full list of products effective against MRSA.