

Don't Mess With MRSA

What is MRSA?

MRSA is short for Methicillin-resistant *Staphylococcus aureus*, a type of bacteria that is resistant to many antibiotics. Most MRSA infections appear as a bump or infected area on the skin.

Rarely, serious and even deadly infections occur when MRSA bacteria get into the bloodstream and invade other tissues and organs. If you think you might have a MRSA infection, visit a healthcare provider.



MRSA magnified
20,000X

Learn more about MRSA! Download a free reading and hands-on activity at www.ccmu.org/healthrich/.



This publication was made possible by a Science Education Partnership Award (SEPA) American Recovery and Reinvestment Act (ARRA) Administrative Supplement from the National Center for Research Resources (NCRR), a component of the National Institutes of Health (NIH)

Reduce your risk from MRSA!

- **Wash your hands** often, especially if you are visiting someone in a hospital.
- Request that **healthcare providers wash their hands** or use hand sanitizer before examining you.
- **Don't share personal items** such as towels or razors with another person.
- **Cover a wound** with a clean bandage, and avoid contact with other people's soiled bandages.
- **Clean shared sports equipment** with antiseptic before using.
- **Avoid using common whirlpools or saunas** with someone who has an open sore.
- Check that **shared bathing facilities** are clean.
- **Wear clean clothes daily**—especially important when clothes have become sweaty.
- The nose is a MRSA breeding ground. **Keep fingers out.**