Infection Prevention: MRSA

Overview
A MRSA infection is caused by the Methicillin-resistant Staphylococcus aureus bacteria. Because this bacteria is resistant to many antibiotics, preventing an infection is important. You can avoid a MRSA infection by following these guidelines.

In the Hospital
MRSA is common in hospitals and other healthcare settings. It is spread by contact with contaminated surfaces. So, wash your hands frequently. Use a hospital-approved hand sanitizer. Insist that doctors and nurses wash their hands before touching you, because their hands can be contaminated with the bacteria. If you have a skin wound, keep it bandaged.

In the Community
You can also come into contact with MRSA in the community. It is a problem for athletes such as wrestlers who frequently have skin-on-skin contact. Athletes should practice good hygiene. If you use weight training or other athletic equipment, make sure that it is cleaned and disinfected regularly. Take a shower after you exercise. Wash and dry clothing after use. Lay a towel down to protect your skin from benches. And always protect your cuts, scrapes and sores.