SECTION #3

HOW MRSA IS SPREAD/
NOT SPREAD
YOU CAN GET MRSA--

- Just like getting a common cold with “skin to germ” contact
- MRSA likes to travel by skin on hands, clothes, linens and objects
- MRSA is common in the nose of 25-30% of all people

Antibiotic resistant germs are worldwide
YOU CAN ALSO GET MRSA BY BEING AROUND SOMEONE WHO IS SNEEZING OR COUGHING:

- It can be spread by **droplets** when people cough

- Caregiver's **hands** may be exposed and become **contaminated**
FIVE C’S (TO AVOID):

Although MRSA can occur anywhere, these are five contributing factors:

1) CONTACT
2) CLEANLINESS (not practiced)
3) CROWDING
4) CONTAMINATED AREAS
5) COMPROMISED SKIN
TO PREVENT THE SPREAD OF MRSA:

- Maintain good hygiene at all times
- Keep wounds covered with clean dry bandages
- Be careful in close contact activities (i.e. gym, athletic practice, day care, school, work, etc.)
- Get a flu shot – MRSA caused pneumonia can follow the flu
- Do not take antibiotics when you don’t need them
Good Protection is CHEAP!

Use **ONE TABLESPOON BLEACH** per **ONE QUART WATER**

to clean bleach safe surfaces, rooms, etc.