

MRSA Prevention Information

Methicillin-resistant *Staphylococcus aureus* (MRSA) is a type of bacterial infection that is resistant to common antibiotics making it very difficult to treat. MRSA is spread easily by skin-to-skin contact. If one person in a family has MRSA on their skin, even if there is no visible infection, it is possible that others in the family have MRSA on their skin as well.

Below are important steps you can take to prevent the spread of MRSA in your household.

Personal Hygiene

Household Hygiene

- Avoid sharing personal items such as razors, towels and wash cloths
- Wash clothing, towels, sheets regularly
- Do not re-wear unwashed clothes



- Wash your hands regularly for at least 15 seconds (length of alphabet song)
- Use antibacterial soap
- Use antibacterial hand gel
- Bathe or shower with soap regularly



- Keep open cuts and wounds covered
- Dispose of bandages and other materials that come into contact with an open wound promptly

Thank you for your participation in our study.