

The work- place is no place for MRSA

Community-associated
MRSA or
Methicillin-resistant
Staphylococcus aureus

MRSA is a type of bacteria
that is resistant to certain
antibiotics, making it
harder to treat.



Step 1: Practice good hygiene (e.g., keeping your hands clean by washing with soap and water or using an alcohol-based hand sanitizer).

Step 2: Cover skin trauma such as abrasions or cuts with a clean, dry bandage until healed.

Step 3: Avoid contact with other people's wounds or material that has been in contact with wounds.

Step 4: Don't share personal items (i.e., towels, razors) that come into contact with bare skin and always use a barrier (clothing or a towel) between your skin and shared equipment such as weight-training benches.

Step 5: Keep your environment clean; especially surfaces that come into direct contact with people's skin.