

# Take Control...Prevent MRSA\*

*\*Methicillin Resistant Staphylococcus Aureus  
Naturally occurring in about 1% of population.*

*May cause boils or draining infected wounds...sometimes more serious disease.*

## How to Protect Your Family Take the 5-Prong Approach



**Surveillance --Get tested.** Look for draining wounds or slow-healing skin infection and seek medical attention. Cultures make sure that the right antibiotic is used.

**Handwashing --Keep your hands clean.. HANDWASHING!  
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Wash with soap and water or hand sanitizer several times a day. Shower soon after participating in contact sports.

**Clean Environment --  
Environmental cleaning with appropriate disinfectant cleaners.** Chlorox in a 1:9 dilution or Lysol kitchen spray are quite adequate for cleaning surfaces that may have contact with skin or wound—the germ is resistant to the antibiotic but not the disinfectant. Shared sports equipment such as helmets, gym mats and weight room equipment should be cleaned with a disinfectant after each use. Also, clean common contact areas at home.

**No Sharing --Avoid sharing personal items. DO NOT USE** friends' and teammates' towels, washcloths, deodorant, clothing, uniforms or razors.

**Cover Wounds --Cover cuts and scrapes.** Wash wounds and infections with soap and water, and cover with dry, sterile bandages until it heals. You may need gauze to completely cover the area.

For more information, please contact Chesapeake Health Department, 382-8642, your School Nurse or visit the following website: <http://www.vdh.virginia.gov/LHD/Chesapeake/index.htm>

*Produced by Chesapeake Public Schools and Chesapeake Health Department*