



## A Message from the Health Center regarding Staphylococcus aureus or MRSA infections.

### *What is Staphylococcus aureus or Staph?*

Staph is a type of bacteria. It may cause skin infections that look like pimples or boils. Skin infections caused by Staph may be red, swollen, painful, or have pus or other drainage. Some Staph are resistant to antibiotics, making it harder to treat.

### *Who gets Staph Infection?*

Anyone can get a Staph infection. People are more likely to get a Staph infection if they have:

- ✓ Skin-to-skin contact with someone who has a Staph infection.
- ✓ Contact with items and surfaces that have Staph on them.
- ✓ Openings in their skin such as cuts or scrapes.
- ✓ Crowded living conditions.
- ✓ Poor hygiene.

### *If you think you have a Staph infection . . .*

Call the Health Center at 417-328-1888 and make an appointment to be checked.

### *How do I protect myself from getting MRSA?*

- ❖ Practicing good hygiene (keeping hands clean and showering immediately after exercising).
- ❖ Covering skin trauma such as abrasions or cuts with a clean dry bandage until healed.
- ❖ Avoiding sharing personal items (e.g. towels, razors) that come into contact with your bare skin; and using a barrier (e.g. clothing or a towel) between your skin and shared equipment such as weight-training benches.
- ❖ Maintaining a clean environment by establishing cleaning procedures for frequently touched surfaces and surfaces that come into direct contact with people's skin.