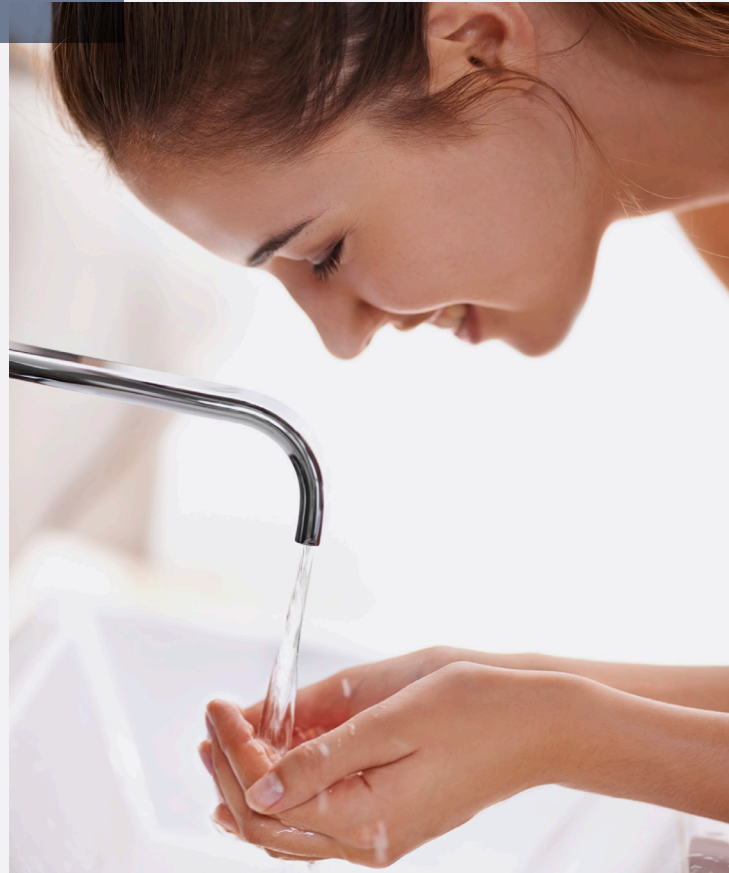


MRSA infection

Staph, or MRSA, are bacterial infections that can look like a variety of skin infections. It may appear to be a blister, a spider bite, or red skin with a honey-colored crust. Be suspicious of cuts that are swollen, hot, and filled with pus.

How does it spread? Staph infections are usually transmitted by skin-to-skin contact. The five C's make it easier for bacteria to spread:

- crowding
- contact
- compromised skin (cuts or abrasions)
- contaminated surfaces
- cleanliness (lack thereof)



How often should you wash your hands?

- after contact with people or shared surfaces
- after sneezing, coughing, or blowing your nose
- after using the restroom
- before preparing food
- after touching any soiled bandages or dressings

+ PREVENTION

- wash your hands regularly
- use antibacterial lotion regularly
- avoid sharing personal items (towels, etc.)
- keep cuts and scrapes covered until healed
- wash and dry soiled clothes thoroughly

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This information is not intended to replace the advice of a physician. It is information that is generally available. Each person has unique medical needs based on several factors including age, genetics, body type and build, medications, exposures to illness and medical history, to name a few. Always seek the advice of a physician or other qualified healthcare provider with any questions you may have regarding a medical condition that you are experiencing. If you are suffering from a non-emergent medical situation, it is suggested that you visit the nearest MedExpress center or your family physician. If you believe you are experiencing a medical emergency, call 911.

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