

Avoiding the Risks of MRSA

According to the Centers for Disease Control (CDC), most MRSA infections appear as boils that are red, swollen, painful, and may have fluid drainage. These skin infections commonly occur at sites of visible skin trauma, such as cuts and abrasions, and areas of the body covered by hair. Almost all MRSA skin infections can be effectively treated and more serious infections – such as pneumonia, bloodstream infections or bone infections – are very rare in healthy people.

As the infection is most commonly spread through skin-to-skin contact or contact with personal items that have touched infected areas, the CDC has issued guidelines to help people avoid contracting the bacteria. In summary, the CDC advises:

- Practicing good hygiene (e.g., keeping hands clean by washing with soap and water or using an alcohol-based hand sanitizer and showering immediately after participating in exercise).
- 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 bare skin and using a barrier (e.g., clothing or a towel) between 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.

For more information and updates, visit the [CDC](#) (Center for Disease Control) website.