

# 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.

