



## **MRSA Overview**

### **What Is MRSA?**

MRSA is an infection caused by the *Staphylococcus aureus* bacteria, commonly called “staph.” About 25–30% of people carry staph bacteria on their skin or in their nose without harm. MRSA stands for Methicillin-Resistant *Staphylococcus aureus*, a strain resistant to many common antibiotics.

### **How MRSA Spreads**

MRSA may spread through skin-to-skin contact or by sharing personal items such as towels, soap, clothing, bedding, or sports equipment.

### **What Are the Symptoms?**

MRSA infections may begin as small red bumps resembling pimples or boils. These infections can become painful abscesses requiring medical treatment. Severe infections may affect the bones, joints, lungs, heart, or bloodstream.

### **Healthcare-Associated MRSA**

Healthcare-associated MRSA (HA-MRSA) occurs most often in hospitals, nursing homes, or dialysis centers. People with weakened immune systems and older adults are at greater risk.

### **Community-Associated MRSA**

Community-associated MRSA (CA-MRSA) occurs outside healthcare settings and often appears as skin infections in otherwise healthy people.

### **What If I Think I Have MRSA?**

See your healthcare provider immediately for testing and treatment recommendations.

### **Is MRSA Treatable?**

Yes. Some MRSA infections respond to specific antibiotics, while others may be treated by draining the infected area. Always take prescribed antibiotics exactly as directed by your healthcare provider.

### **How Can I Protect Others?**

- Cover your wound.
- Keep your hands clean.



- Do not share personal items.
- Inform your healthcare provider.
- Take all prescribed medications as directed.

### **Quick Facts**

Washing your hands often with soap and warm water is one of the best ways to prevent MRSA and other infections.

### **What To Do**

- Wash cuts, scrapes, and sores with soap and water.
- Keep wounds clean and dry.
- Cover wounds with a bandage until healed.
- Avoid contact with other people's wounds or contaminated materials.
- Avoid sharing towels, razors, and soap.
- Wash sports clothing and equipment after each use.

### **Call Your Doctor If**

You have pain, redness, swelling, drainage, or develop new symptoms during or after treatment.

### **Accessibility Improvements Included**

This document includes structured headings, readable text order, document title metadata, and simplified formatting to support accessibility and screen-reader compatibility.