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Located in South Campus Building D
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STALL STREET NEWS



MRSA



What is MRSA:

- MRSA is a type of staph that is resistant to antibiotics called beta-lactams such as penicillin and amoxicillin.
- MRSA infections that are acquired by persons who have not been recently hospitalized or had a medical procedure are known as Community Associated-MRSA infections.
- MRSA infections in the community are usually manifested as skin infections, and occur in otherwise healthy people. www.cdc.gov

DID YOU KNOW?

Most MRSA infections are treatable with basic antibiotics. If given an antibiotic, take all of the doses, even if the infection is getting better, unless a doctor says to stop taking it. In addition, antibiotics aren't always necessary. Some skin abscesses can be drained.

www.cdc.gov

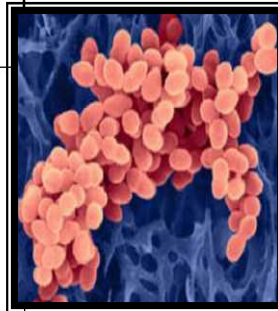
What does a staph or MRSA infection look like?

Staph bacteria, including MRSA, can cause skin infections that may look like a pimple and can be red, swollen, painful, or have pus or other drainage. More serious infections may cause pneumonia, bloodstream infections, or surgical wounds. www.cdc.gov

6 ways to prevent staph or MRSA skin infections:

- Keep hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer.
- Wear shoes or slippers when walking around public areas such as rest rooms, gyms and hospitals.
- Keep cuts and scrapes clean and covered with a bandage until healed.
 - Avoid contact with other people's wounds or bandages.
 - Avoid sharing personal items such as soap, towels or razors.
 - Bring a towel to the gym when working out, in order to wipe down any equipment others may have used.

www.cdc.gov & www.mrsa.uk.com

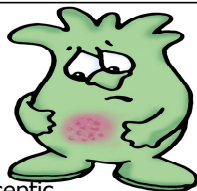


According to Dr. Sternberg of Student Health Services, some MRSA infections occur in the public area which is often related to one shaving his/her pubic hair. During shaving, the skin can be nicked and this may allow infection to enter the site. It's important to not let these infections go undiagnosed; one should seek out medical attention.

Symptoms of MRSA:

Symptoms of MRSA depend on the part of the body that is infected. They may include:

- Skin that is red, swollen or tender.
 - Wounds that are slow to heal or become septic.
 - Pustules, boils, or abscesses in/on any part of the body
- It's important not to squeeze these; if found get medical advice.
- Fever, tiredness and headache in more severe infections.
- www.cancerhelp.org.uk & www.doh.wa.gov



MRSA is becoming more common in healthy people. MRSA infections can occur among people who are likely to have cuts or wounds and who have close contact with one another, such as members of sports teams. www.webmd.com

Main risk factors for community acquired (CA) MRSA:

- **Young age.** CA-MRSA can be particularly dangerous in children and young adults.
- **Participating in contact sports.** CA-MRSA has crept into both amateur and professional sports teams. The bacteria can spread easily through cuts and abrasions and skin-to-skin contact.
- **Sharing towels or athletic equipment.** Although few outbreaks have been reported in public gyms, CA-MRSA has spread among athletes sharing razors, towels, uniforms or equipment.
- **Having a weakened immune system.** People with weakened immune systems, including those living with HIV/AIDS, are more likely to have severe CA-MRSA infections.
- **Living in crowded or unsanitary conditions.** Outbreaks of CA-MRSA have occurred in military training camps and in American and European prisons.
- **Association with health care workers.** People who are in close contact with health care workers are at increased risk of serious staph infections such as MRSA. www.mayoclinic.com



Condoms, dental dams, lube & abstinence kits are available free to you at Health Education. We are located in South D, downstairs near the mailboxes, next to the south complex office. Got questions? Contact Joleen Nevers, Health Education Coordinator at 486-0772 or visit our website: www.healthed.uconn.edu

