



# LEHIGH ATHLETICS

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## **Have you been diagnosed with a *Staphylococcus aureus* or MRSA infection?**

Below are answers to some common questions.....

### **What is *Staphylococcus aureus* or Staph?**

Staph is a type of bacteria. It may cause skin infections that look like pimples or boils. Skin infections caused by staph may be red, swollen, painful, or have pus or other drainage. Some Staph (known as Methicillin-Resistant *Staphylococcus aureus* or MRSA) are resistant to certain antibiotics, making it harder to treat. The information on this page applies to both Staph and MRSA.

### **Who gets Staph infections?**

Anyone can get a staph infection. People are more likely to get a staph infection if they have:

- Skin-to-skin contact with someone who has a Staph infection
- Contact with items and surfaces that have Staph on them
- Openings in their skin such as cuts, scrapes or abrasions
- Crowded living conditions
- Poor hygiene

### **How serious are Staph infections?**

Most Staph infections are minor and may be easily treated. Staph also may cause more serious infections, such as infections of the bloodstream, surgical sites, or pneumonia. Sometimes, a Staph infection that starts as a skin infection may worsen. It is important to contact your family doctor, dermatologist, team physician or athletic trainer if your infection does not get better.

### **How are Staph infections treated?**

Treatment for a Staph skin infection may include taking an antibiotic or having a doctor drain the infection. If you are given an antibiotic, be sure to take all of the doses, even if the infection is getting better, unless your doctor tells you to stop taking it. Do not share antibiotics with other people or save them to use later.

### **How do I keep Staph infections from spreading?**

- Wash your hands often or use an antimicrobial soap/spray
- Keep your cuts, scrapes or abrasions clean and cover them with bandages
- Avoid touching or picking, squeezing or scratching the abrasion, cut, scab or bump
- Do not share personal items like towels or razors

**NOTE:** For more info, please visit: [http://www.cdc.gov/ncidod/dhqp/ar\\_mrsa.html](http://www.cdc.gov/ncidod/dhqp/ar_mrsa.html).