

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

***Staphylococcus aureus* & methicillin-resistant *Staphylococcus aureus* (MRSA)**

What is MRSA?

Staphylococcus aureus (“staph”) is a type of bacteria found on the skin or in the nose of healthy individuals. Methicillin-resistant *Staphylococcus aureus* (MRSA) is a type of staph that is difficult to treat with certain antibiotics. MRSA is present in many persons who do not have symptoms (carriers).

What are the signs and symptoms of a MRSA infection?

A staph infection, including MRSA, can appear as a pimple, rash, boil, or open wound that does not heal. Symptoms of a MRSA infection may include redness, warmth, swelling, pus, fever and chills.

How are MRSA infections spread?

MRSA is most commonly spread through direct physical contact with an infected person. Poor hand washing plays an important role in the spread of the bacteria. A person can become infected by touching or sharing contaminated objects such as towels, bed sheets, clothes, razors, and athletic equipment.

What is the incubation period of MRSA and how long is it contagious?

Incubation and duration periods are unknown. Children who have actively draining sores are more contagious; therefore, open or draining sores or boils must be kept covered.

What should I do if I think I have a MRSA infection?

See a physician as soon as possible if symptoms are present. Do not drain, pop, or squeeze any boils, pimples, or other pus-filled skin infections. Your doctor may drain the fluid and send a sample for laboratory testing and may prescribe antibiotics. Follow all of the doctor's instructions, even if you begin to feel better or the infection looks like it is healing to prevent the infection from coming back or becoming worse.

How can I prevent others and myself from getting a MRSA infection?

Frequently wash hands with soap (preferably use an antibacterial soap) and warm water, especially after changing your own or someone else's bandages. Do not share personal items such as razors, towels, bed sheets, clothes, deodorant, and sporting equipment. Wash all cuts, scratches, and abrasions with soap and water and keep them covered with a clean, dry bandage until healed. Avoid contact with any person's open wounds and cuts. Wash soiled towels, bed sheets, and clothes in hot water with soap and bleach. Dry all articles of clothing in a hot dryer. Clean sporting equipment between uses. Never touch, squeeze or pop any boils. Keep all common household areas clean. A water and bleach cleaning solution (9 parts water, 1 part bleach) will kill the bacteria.

For more information, please contact the Florida Department of Health in Orange County, Epidemiology Program at 407-858-1420. You may also visit the Epidemiology Program website, <http://orange.floridahealth.gov/programs-and-services/infectious-disease-services/epidemiology/index.html> Centers for Disease Control and Prevention website, <http://www.cdc.gov/mrsa/>, or the OCHD School Health website at <http://orange.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/school-health/index.html> for additional information.

Florida Department of Health in Orange County

Division of Epidemiology • Bureau of Health Protection
6101 Lake Ellenor Drive, Orlando, FL 32809
PHONE: 407-858-1420 • FAX 407-858-5517
<http://orange.floridahealth.gov/>

www.FloridasHealth.com

TWITTER: HealthyFLA
FACEBOOK: FLDepartmentofHealth
YOUTUBE: fldoh