

Stop **MRSA**

MRSA is a skin infection that looks like spider bites, pimples or boils. It makes you very sick and most antibiotics can't fight it.

You can stop MRSA by knowing what to do.

- **Cover all wounds with clean bandages.**
- **Wash your hands often, take frequent showers, and practice good hygiene. Wash your hands frequently with soap and warm water or an alcohol-based hand sanitizer.**
- **Don't share any personal items such as towels, washcloths, bar soap, razors, combs, clothing or sports equipment.**
- **Routinely clean any exercise equipment used by others.**
- **Wash potentially infected linens and clothing in hot water with laundry detergent and then dry them in a hot dryer.**
- **Tell your coach if you have an infection.**
- **If you have any signs that indicate you may have acquired an infection, seek professional care immediately.**
- **For more information, visit www.dallascounty.org**