

# Offshore Fitness Forum

## MRSA- Part 1- General Information

---

The following information is taken from the Centers for Disease Control and Prevention web site at [www.cdc.gov](http://www.cdc.gov).

**What is it?** MRSA or methicillin-resistant *Staphylococcus aureus* is a type of staph infection that is resistant to antibiotics and can cause skin and other infections.

**How does it spread?** Anyone can get MRSA through direct contact with an infected wound or by sharing personal items, such as towels or razors that have touched infected skin. MRSA infection risk can be increased when a person is in certain activities or places that involve crowding, skin-to-skin contact, and shared equipment or supplies. This might include athletic locker rooms, military barracks, oil rigs and ships.

**What are the symptoms?** Most often the irritation is mistaken for a spider bite. However, unless a spider is actually seen, it probably isn't. Most staph infections, including MRSA, appear as a bump or infected area that may be red, swollen, warm to the touch, full of pus or other fluids and accompanied by fever.

**What should I do if I think I have a skin infection?** Staph and MRSA infections cannot be diagnosed by appearance. Do not attempt to drain the infection yourself, you could make it worse. Instead, cover the area with clean, dry bandages and notify the medic or your supervisor if no medic is available. Monitor the site for increased size, tenderness, swelling, pain, warmth or open drainage. Keep the area clean and covered. Seek medical treatment if it gets worse or if you develop a fever.

**How do I keep from getting MRSA?** Maintain good hand and body hygiene. Wash hands often and clean body regularly- especially after exercise. Keep cuts, scrapes and other wounds clean and covered until healed. Avoid sharing personal items such as towels and razors. Get care early if you think you may have an infection.



© Bernard Cohen, MD, Dermatlas; [www.dermatlas.org](http://www.dermatlas.org)

<http://phil.cdc.gov>

# Offshore Fitness Forum

## MRSA- Part 1- General Information

---

Vessel or Facility: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Record of Attendance:

	Printed Names	Signatures
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		