



How to keep yourself safe from MRSA

Practice Good Hygiene

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- Keep your hands clean by washing them frequently and thoroughly with soap and warm water or using an alcohol-based hand sanitizer. Hand-washing is the best way to avoid spreading germs.
- Keep cuts and scrapes clean and covered with a bandage and avoid contact with other people's wounds or bandages.
- If you have a wound that you think is a spider bite, or that won't heal or has pus, visit the health center or a doctor immediately for a diagnosis.
- Do not share personal items such as towels, clothes, tweezers or razors.
- If you have a private bathroom, clean it often, (minimally 1-2 times per week) using any cleaner labeled as disinfectant or a 1:10 solution of bleach and water. Professional cleaning techniques or solutions are not necessary.
- Keep your environment clean by wiping frequently touched surfaces (such as countertops, doorknobs, computer keyboards, remote and video game controls and light switches) with a disinfectant. Antibacterial wipes with bleach work well for this type of cleaning.
- If your roommate or someone you know has been diagnosed with MRSA, do not panic. Simply follow the instructions above, and encourage that person to follow the instructions below.

If you have been diagnosed with a MRSA infection, do not panic, and follow the instructions below to keep from spreading the bacteria:

- Cover your wound with clean, dry bandages and carefully follow your doctor's instructions on caring for your wound.
- Keep your hands clean. You, your roommates, and other people with whom you are in close contact should wash their hands frequently with soap and warm water or use an alcohol-based hand sanitizer, especially after changing the bandage or touching the wound.
- Do not share towels, washcloths, razors, clothing, beds, or other items that may have had contact with your wound or a bandage. Wash your sheets, towels, and clothes regularly with warm water and detergent and dry them in a hot dryer, if possible.
- Keep your environment clean by wiping frequently touched surfaces (such as countertops, doorknobs, computer keyboards, remote and video game controls and light switches) with a disinfectant. Antibacterial wipes with bleach work well for this type of cleaning.

Residence Hall Students with Private or Semi-Private Bathrooms

It is important for residence hall students with private or semi-private bathrooms to take your responsibility for cleaning seriously. You should develop a bathroom cleaning schedule with your roommates and suitemates that includes regular and thorough cleaning with disinfectant cleaners or a 1:10 bleach/water solution.

Residence Hall Students with Hallway or Community Bathrooms

If you use a common or hallway bathroom, these are of course cleaned by UH Housekeeping staff multiple times each week. We encourage you to follow the hygiene recommendations listed above in your bedrooms; clean surfaces regularly, wash hands often, and don't share personal items.

Additional information regarding MRSA can be found at the UH Health Center website:

<http://www.uh.edu/admin/hc/>

Or the CDC website:

http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca.html

Methicillin-resistant Staphylococcus aureus (MRSA), is a biological agent responsible for difficult-to-treat infections in humans.

