

Some Things Aren't Welcome at **Show and Tell**

You Can Help Prevent the Spread of MRSA In and Out of Your Home:

SCRUB UP — Wash hands frequently with soap and water for at least 15 seconds or use an alcohol-based hand rub sanitizer.

WIPE IT DOWN — Use a disinfecting bleach solution to wipe down and disinfect hard surfaces. (1 tablespoon of disinfecting bleach diluted in 1 quart of water)

COVER YOUR CUTS — Keep any nicks or wounds covered with a clean, dry bandage until healed.

KEEP TO YOURSELF — Do not share personal items, like towels and bottles, that come into contact with bare skin.

What is MRSA?

MRSA (methicillin-resistant *Staphylococcus aureus*) is a potentially life-threatening antibiotic resistant Staph infection that is becoming increasingly common in community settings, like childcare centers and schools.



For more information, visit www.stopmrsanow.org



Stop MRSA now!
Help Reduce the
Spread in Your
Community

Grant Hill, seven-time NBA all-star and MRSA survivor

For more information, visit
www.stopmrsanow.org

It's Easy to Help Prevent MRSA in Your Community:

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COVER YOUR CUTS — Keep any nicks or wounds covered with a clean, dry bandage until healed.

KEEP TO YOURSELF — Do not share personal items, like towels or razors, that come into contact with bare skin.

USE A BARRIER — Keep a towel or clothing between skin and shared equipment.

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Spread Knowledge Not Germs

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