



CLOTHES AND BEDDINGS: Wear clean and dry clothes. Regularly do the wash with the usual cleaner. Completely dry the clothes. Avoid contact between clean linens and soiled linens. Clean sports equipment after each use.

What is it?

Staphylococcus aureus is a bacterium part of the normal skin, throat and nostrils flora of some persons. With the use of antibiotics, some strains have become resistant to various types of antibiotics such as methicillin, thus the abbreviation for the methicillin resistant staphylococcus aureus, MRSA. The CA-MRSA, or community acquired, designates the MRSA in individuals who do not have risk factors such as recent hospitalizations or wearing medical devices.

What are the possible occurrences?

Most frequent	Much rarer
Furuncles	Pneumonia
Abscess	Septicaemia
Cellulites	Osteomyelitis
Impetigo	Necrotizing fasciitis
	Disseminated infections with septic embolism
	Purpura fulminans

There are also carriers who have no symptoms. However, these individuals can transmit the CA-MRSA.

How is it transmitted?

By direct contact with a colonized person or by contact with a contaminated surface or object

Should I be treated?

Normally the basic measures should be enough to defeat the colonization. Sometimes, in some cases, a treatment is prescribed by a doctor. If your doctor has prescribed a treatment for you, it is important to follow it strictly.

Prevent it and stop its propagation... Simply!

WASH YOUR HANDS with soap and water or an antiseptic gel for at least 15 seconds:

- When the hands are visibly dirty;
- After going to the washroom (also after changing a diaper);
- After blowing your nose or sneezing in your hands;
- Before and after eating, touching food, drinking or smoking;
- When visiting persons who are sick or when taking care of them;
- When touching pets or wildlife or animals' excrements.

BODY HYGIENE: Regularly wash in the bathtub or shower with soap and water, including the hair. Have good body hygiene before and after contact sports.

DO NOT SHARE personal hygiene objects such as towels, razors, cosmetic products and creams as well as sports items and equipment.