



# Good Hand Hygiene: One of the Best Defenses Against MRSA

*Major world health organizations, including the Centers for Disease Control and Prevention (CDC) and the Public Health Agency of Canada recommend practicing good hand hygiene, which includes handwashing with soap and water or using an alcohol-based hand sanitizer, as a method in helping prevent the spread of MRSA.*

***Because MRSA can be transferred from person to person contact, major world health organizations recommend washing with soap and water or using an alcohol-based hand sanitizer.***

## ***Commonly asked questions regarding MRSA prevention.***

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### **What is MRSA and where is the greatest risk of transmission?**

MRSA is the acronym for methicillin-resistant *Staphylococcus aureus*. It is a type of staph infection that is resistant to antibiotics such as methicillin, penicillin and amoxicillin. Because MRSA can be transferred via person to person contact, some settings are more conducive to the transmission of MRSA, including schools, dormitories, military barracks, households, correctional facilities and day care centers.

### **Are there different types of MRSA?**

There are two types of MRSA. MRSA that is predominantly spread in hospitals and healthcare facilities is one type. It can also cause illness in persons outside of hospitals and healthcare facilities. MRSA infections that are acquired by persons who have not been recently hospitalized or had a medical procedure are known as community associated MRSA (CA-MRSA) infections.

### **How does MRSA manifest itself?**

MRSA infections in the community usually appear as skin infections, such as pimples or boils, and occur in otherwise healthy people.

### **How can I help prevent the spread of MRSA?**

Because MRSA can be transferred from person-to-person contact, major world health organizations, such as the Centers for Disease Control and Prevention (CDC) and the Public Health Agency of Canada, recommend practicing good hand hygiene by washing with soap and water or using an alcohol-based hand sanitizer. With regard to hand sanitizers, the guidelines recommend only an alcohol-based hand sanitizer.

## ***Commonly asked questions regarding MRSA (cont'd)***

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### **What other measures does the CDC or the Public Health Agency of Canada recommend to stop the spread of MRSA?**

Other recommendations include a general, good hygiene approach consisting of:

- Showering immediately after participating in exercise
- Keeping cuts and scrapes clean and covered with a bandage until healed
- Avoiding sharing personal items such as towels or razors
- Using a barrier, such as clothing or a towel, when using shared equipment
- Maintaining a clean environment by cleaning frequently touched surfaces

### **What types of soap are effective against MRSA?**

The major health organizations do not specify bland or antibacterial soaps.

### **What types of hand sanitizers are effective against MRSA?**

The CDC and other public health organizations state very clearly to use an alcohol-based hand sanitizer.

### **Where can I find additional information on GOJO products with regard to MRSA?**

For information on GOJO®, PROVON®, PURELL®, click on [www.GOJO.com](http://www.GOJO.com) or contact the GOJO Customer Interaction Center at 1-800-321-9647, ext 2217.

### **Where can I find more information regarding PURELL?**

For home use, visit [www.PURELL.com](http://www.PURELL.com). For commercial facilities, visit [www.GOJO.com](http://www.GOJO.com)

### **Where can I receive additional information about MRSA?**

For more information on MRSA, visit [www.CDC.gov](http://www.CDC.gov), or contact your local healthcare professional.