

Staphylococcus aureus ("Staph") Skin Infection



Staph skin infections

- Caused by *Staphylococcus aureus* bacteria that commonly live in the nose and on the skin. These bacteria usually do not cause infection unless they get into the body through a break in the skin. They can also cause blood, urine, or bone infections.
- Look like a boil or pimple, and if not treated can become more serious.
- Are not all alike – some Staph bacteria are resistant to certain antibiotics. These Staph bacteria are called methicillin-resistant *Staphylococcus aureus* (MRSA).

Managing Staph infections

Staph infections, including MRSA infections, should always be treated by a healthcare provider. Treatment options include:

- Draining the infection (do not do this yourself!)
- Antibiotics – let your doctor decide if antibiotics are needed; a lab test can be done to determine which antibiotic will kill the type of Staph bacteria you have.
- Reducing the amount of bacteria on your skin (decolonization)
 - Showering with an antimicrobial soap
 - Prescribing ointment in your nose for several days

Prevent spreading your Staph infection to others

- Cover your wound or sore with a clean, dry bandage until it is healed.
- Wash you hands before and after you change the bandage.
- Do not let others touch your open sore, wound drainage or used bandage.
- Do not share towels, wash clothes, razors, bar soap, or clothing with others.
- Clean your hands often with soap and warm water for 20 seconds (use liquid soap – not bar soap); or use an alcohol-based hand rub if your hands do not look dirty.
- Do not play contact sports or go to a gym/health club until your sores are healed.

Cleaning and laundry

- Use hot or warm water; use bleach if possible and dry clothes/linens in a hot dryer.
- Clean frequently touched surfaces (e.g. bathrooms, door knobs, phone, etc.) at least daily. Use a household disinfectant or bleach solution (1 quart water: 2 ½ tsp bleach)
 - Make bleach solution fresh every time you use it. (Bleach evaporates and the solution is not effective).
 - Never mix bleach with other cleaners, especially ammonia

Medication and treatment:

Call us if:

- Your infection is not getting better.
- You develop more symptoms.
- The infection comes back or gets worse.
- You develop a fever.
- Other _____



Patient 's Name

Clinic Phone Number

Date

Minnesota
Antibiotic
Resistance
Collaborative



MINNESOTA
MDH
DEPARTMENT OF HEALTH

www.minnesotaaarc.org
www.health.state.mn.us