The best way to prevent MRSA is good hygiene.

Ohio
Department of Health

Some things You Shouldn't Share

Methicillin-resistant Staphylococcus aureus (MRSA) is prevented by:

- Frequent hand washing with soap and water or alcohol-based hand sanitizers
- Cleaning any breaks in the skin, such as a cut, and covering with a bandage until healed
- Bathing regularly, especially after athletic competition or other skin-to-skin contact
- Washing uniforms and towels in hot water after each use and drying thoroughly
- Seeing your health care provider and following instructions if you have an infection
- Cleaning shared equipment such as weight machines, before and after each use
- Not sharing personal items such as towels, razors or toothbrushes
- Not using a whirlpool or ice bath any time there is a break in the skin such as a cut or turf burn

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