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PREVENTING STAPH INFECTIONS

Prevention of staph infections is so simple that many people do not imagine it could be effective – but it is:

- Wash hands frequently, both children and adults, whenever they are soiled or have been exposed to materials that may be contaminated.
- Schools should provide soap in rest rooms so children can wash their hands effectively.
- Be careful when doing activities that may result in cuts and scratches.
- Wash cuts and scratches with soap and water and then keep them clean and dry.
- Keep skin infections such as boils or infected wounds covered and treat them promptly with both local care (such as drainage of boils) and appropriate antibiotics for the entire duration, as prescribed by your physician.
- Do not participate in contact sports if you have a skin infection unless the lesions can be securely covered.
- Avoid sharing personal items such as towels, razors, or sports equipment that touches skin.
- Clean locker rooms and sports equipment routinely with a disinfectant.

Precautions like these can help Floridians avoid infection with *Staphylococcus aureus*, avoid increasing the rate of antibiotic resistance in our staph infections, and reduce illness and hospitalizations due to this sometimes serious disease.

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