










Care of Your Skin Infection

<p>Wash your hands</p>		<p>Use soap and water for at least 15 seconds: --after using the toilet --after touching your skin infection or bandages --before eating</p>
<p>Bathe</p>		<p>Bathe at least once daily using soap and after all athletic practices and competition.</p>
<p>Change into clean clothes</p>		<p>Change into clean clothes after all athletic practices and competition. Change clothes if wound drainage gets on clothes.</p>
<p>Launder clothes and towels</p>		<p>Wash athletic uniforms and towels after each use. Use detergent and bleach as appropriate. Dry thoroughly</p>
<p>Do not share personal items</p>		<p>Do not let others use your personal items such as razors, nail clippers, clothing, towels, washcloths, bar soap, or deodorant.</p>
<p>Keep wounds covered</p>		<p>Change your bandage if soiled with drainage. Place used bandages in a bag and discard in trash. Wash your hands. Do not let others touch your infection and do not squeeze or pop pimples or boils.</p>
<p>Take antibiotics appropriately</p>		<p>Take medication exactly as prescribed. Complete entire course even if you feel better. Do not share medication.</p>
<p>See your health care provider</p>		<p>Contact your health care provider if your skin becomes red, swollen, painful, or draining pus.</p>
<p>Seek immediate medical attention</p>		<p>See your health care provider <i>immediately</i> if you have a fever, chills, red streaks from infected area, or drainage increases.</p>

For more information, go to:

www.nmhanet.org -> Patient Safety ->Resources - MRSA