

Key Prevention Messages for Patients with Skin and Soft Tissue Infections and their Close Contacts

1. Keep wounds that are draining covered with clean, dry bandages.
2. Clean hands regularly with soap and water or alcohol-based hand gel (if hands are not visibly soiled). Always clean hands immediately after touching infected skin and any item that has come in direct contact with a draining wound.
3. Maintain good general hygiene with regular bathing.
4. Do not share items that may become contaminated with wound drainage such as towels, clothing, bedding, bar soap, razors, and athletic equipment that touches the skin.
5. Launder clothing that has come in contact with wound drainage after each use and dry thoroughly.
6. If you are not able to keep wound covered with a clean, dry bandage at all times, do not participate in activities where you may have skin to skin contact with other persons (such as athletic activities) until your wound is healed.
7. Clean equipment and other environmental surfaces with which multiple individuals have bare skin contact with over the counter detergent/disinfectant that specifies *Staphylococcus aureus* on the product label and is suitable for the type of surface to be cleaned.
8. Add 1 cup vinegar to bath water 3 times a week and soak for 30 minutes for at least 6 weeks.
9. Polysporin ointment to both nares of all household family members twice daily for 5 days. Do not use for longer periods or resistance may develop.

It is very important to start household cleaning, vinegar baths and Polysporin on the same day for all household members. At the same time discard old razors and toothbrushes.

Source: Department of Health and Human Services, Centers for Disease Control and Prevention
http://www.cdc.gov/ncidod/dhqp/pdf/ar/CAMRSA_ExpMtgStrategies.pdf

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