



The Cleaning Edge™

The First line of Defense against MRSA

We have all seen or heard about the recent MRSA (Methicillin Resistant Staphylococcus aureus) outbreak that has become the forefront of almost every major news institution. Because of the serious health consequences related to this serious infection, we all need to take precautions to avoid further spread and contamination. MRSA is a potentially deadly, drug resistant “staph” infection (“superbug”) that is on the rise according to the Journal of the American Medical Association.

Historically this infection was thought to be transferred primarily within hospital and healthcare institutions (HA-MRSA), however through recent studies conducted by the Centers for Disease Control and Prevention, they have reported that 15% of the reported MRSA infections are community associated (CA-MRSA) or acquired outside of healthcare and in the general public.

Because Staphylococcus aureus bacteria live on the skin, they are easily spread by direct skin contact and often on people’s hands. MRSA can survive on hard surfaces for up to several days and can exist on the skin for several hours waiting to enter the bloodstream through a cut or abrasion. Transient bacteria such as Staphylococcus aureus is easily removed while resident bacteria reside in the deep layers of the skin. The transient bacteria should be removed with a good soap and friction.

How can I reduce the spread of staph or MRSA skin infections?

Follow the Centers for Disease Control (CDC) recommendation of washing hands frequently and drying with a disposable towel or utilize an Alcohol sanitizer such as **Clario Instant Hand Sanitizer** (99.9% effective against MRSA) when water is not available (and hands are not physically soiled). **Clario Healthcare Personnel Hand Cleaner** is another excellent option to wash hands with that provides a germ killing effect. This product has been designed to provide a broad spectrum of germ kill including a 99.9% kill claim against MRSA.

1. Wash frequently
2. Keep cuts and scrapes clean and covered with a bandage until healed
3. Avoid contact with other people’s wounds or bandages
4. Avoid sharing personal items such as towels, bar soap, razors
5. Maintain the skin integrity to eliminate chapping, chafing and cracking through utilizing a handcream like **Clario Soft Plus** when skin becomes dry