THE NEWEST MEMBER OF THE GERM CREW

McMRSA

IN AN ATTEMPT TO LIMIT EXPOSURE TO MRSA, THE CENTER FOR DISEASE CONTROL RECOMMENDS:

• Showering immediately after exercise.
• Avoiding sharing items such as towels and razors.
• Using a barrier such as a towel or clothing between your skin and shared exercise equipment.
• Cleaning equipment before and after use.

MRSA
(METHICILLIN-RESISTANT STAPHYLOCOCCUS AUREUS)
IS A STAPH INFECTION THAT IS RESISTANT TO SOME COMMON ANTIBIOTICS.

McMRSA

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