



Superbugs

in the NWT

**PROTECT
YOURSELF!**



What are Superbugs?

Superbugs are bacteria (bugs) that are not killed by the usual antibiotics. This makes treatment very difficult.

Methicillin Resistant Staphylococcus aureus (MRSA)

What is MRSA?

- MRSA stands for methicillin-resistant Staphylococcus aureus.
- Staphylococcus (Staph) aureus is a common bacteria that is found in the nose and/or on the skin of people.
- Staph aureus can develop resistance to a large group of antibiotics called beta-lactams. When this resistance happens it is then called MRSA.

MRSA is a Superbug!

MRSA can cause skin infections like boils and open sores. It can also lead to serious infections like pneumonia, sepsis, bone infections, urine infections and flesh eating disease.

How do I get MRSA?

MRSA spreads by direct skin to skin contact and/or by touching objects contaminated with MRSA.

There are five “C’s” that outline the risk factors for MRSA infections:

- **Crowded** conditions
- Close **contact**
- Lack of **cleanliness**
- Sharing **common** personal items such as towels, clothing, sports equipment and outdoor gear
- Having **compromised** or broken skin

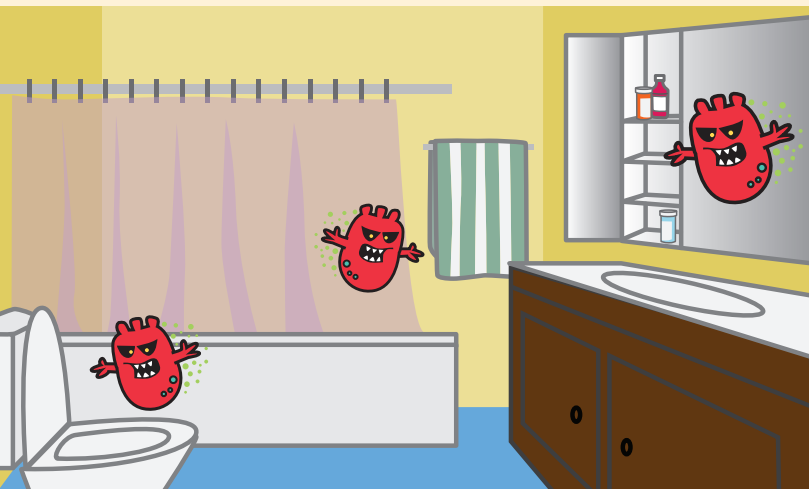
Where do **Superbugs** live?

Everywhere!



Stay Healthy!

- Keep your hands clean by washing with soap and water or using hand sanitizer.
 - Avoid dry cracked skin – use moisturizer.
 - Good housekeeping is important – doing laundry, cleaning shared objects and wiping surfaces with regular household cleaner.
 - Laundry should be washed with regular detergent and fully dried.
 - Do not share personal items such as towels, clothing, bedding, bar soap, razors, helmets or other athletic equipment.
 - Clean high touch surfaces like remotes, light switches, door knobs and telephones often with regular household cleaner.
- Superbugs can live on these items for weeks!**
- Not all bugs need drugs
 - If you are given antibiotics, always finish your prescription.



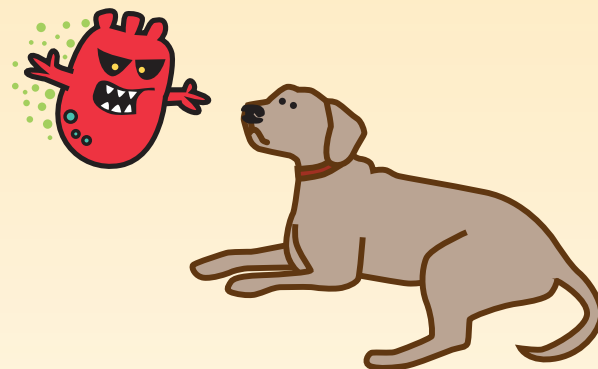
Keep Clean!

- If you have MRSA, wash daily.
- Always clean hands after touching open sores and any item that has touched a sore.
- Clean and cover new cuts and scrapes.
- Change bandages daily.



Can Pets Catch MRSA?

- YES – dogs and cats can catch and spread MRSA.
- Wash your hands after touching pets.



Signs of Infection:

- Swelling, pain or redness around a cut or scrape.
- Discharge with pus.
- Wound smells bad.
- Fever (38° C).
- Difficulty breathing.

**If you or a family member
show signs of a skin infection
contact your local
health care provider.**

If you would like this information in another official language,
contact us at 1-855-846-9601.

Si vous voulez ces renseignements dans une autre langue officielle,
prenez contact avec nous au 1-855-846-9601.