

# MRSA

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# STAPH

# 101

**MRSA Prevention 101 at the Gym or Health Club**  
**How to help prevent getting or spreading MRSA and other infections.**

### **What you can do...**

- Keep hands clean. Use soap and water or hand sanitizer.
- Shower when you are done with your workout.
- Wash workout clothes and towels regularly.
- Don't share clothes, towels, or razors.
- Keep cuts, scrapes, and sores clean and bandaged until healed.
- Let the gym management know if anything needs to be cleaned.

### **What your gym can do...**

- Keep the gym clean.
- Wipe down equipment regularly.

### **Questions?**

- Check out [www.mrsasf.com](http://www.mrsasf.com).
- Call the San Francisco Department of Public Health at 415.554.2563.



[www.sfcityclinic.org](http://www.sfcityclinic.org)



San Francisco Department of Public Health  
Communicable Disease Control Prevention Section  
Environmental Health Section



[www.stopaids.org](http://www.stopaids.org)