

MRSA

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.
- Call the San Francisco Department of Public Health at 415.554.2563.



www.sfcityclinic.org



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



www.stopaids.org