



PUBLIC HEALTH DEPARTMENT

www.co.kittitas.wa.us/health/

Administration
Community Health Services
Health Promotion Services
507 N. Nanum Street, Ste 102
Ellensburg, WA 98926
Phone: (509) 962-7515
Fax: (509) 962-7581

Environmental Health
411 North Ruby Street, Ste 3
Ellensburg, WA 98926
Phone (509) 962-7698
Fax (509) 962-7052

What is MRSA?

MRSA, or methicillin-resistant *Staphylococcus aureus*, is a bacteria that 1% of the population carry on their skin.

MRSA is transmitted mostly by direct skin-to-skin contact.

Protect yourself from infections by:

- **Keeping your hands clean** by washing with soap and water or using an alcohol based hand rub.
- **Showering** after working out
- **Covering any open skin** (cut or abrasion) with a clean, dry bandage
- **Avoid sharing personal items** such as towels or razors
- **Wiping surfaces** of athletic equipment before and after use

Contact your medical care provider or Kittitas County Public Health at 962-7515 for more information.

To Protect and Promote the Health and the Environment of the People of Kittitas County

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER KITTITAS COUNTY