



**Loudoun  
Community  
HEALTH CENTER**

*Your Home for Quality Health Care*

For immediate release

Contact: Stephanie Kenyon, [skenyon@LoudounCHC.org](mailto:skenyon@LoudounCHC.org), 703-443-2000

**The Loudoun Community Health Center Offers Advice on Avoiding MRSA**

Leesburg, Va., Oct. 26, 2007 – Although no cases of MRSA - often described as a “superbug” - have been diagnosed in Loudoun County, many local parents are concerned about protecting their children against the virus. The Loudoun Community Health Center offers the following advice to help mitigate the problem.

The primary way to transmit MRSA from one person to another is through skin-to-skin contact, and so the very best defense against the disease is through good personal hygiene and frequent hand-washing.

How to protect yourself:

- 1) Practice good hygiene (e.g., keep your hands clean by washing with soap and water or using an alcohol-based hand sanitizer and showering immediately after participating in exercise);
- 2) Cover skin trauma such as abrasions or cuts with a clean dry bandage until healed;
- 3) Avoid sharing personal items (e.g., towels, razors) that come into contact with your bare skin; and use a barrier (e.g., clothing or a towel) between your skin and shared equipment such as weight-training benches;
- 4) Maintain a clean environment by establishing cleaning procedures for frequently touched services and surfaces that come into direct contact with people’s skin.

If you or your children have a MRSA skin infection, here is how to avoid spreading the infection to others:

- 1) Cover your wound. Keep wounds that are draining or have pus covered with clean, dry bandages until healed. Follow your healthcare provider’s instructions on proper care of the wound. Pus from infected wound can contain staph, including MRSA, so keeping the infection covered will help prevent the spread to others. Bandages and tape can be discarded with regular trash.
- 2) Clean your hands frequently. You, your family, and others in close contact should wash their hands frequently with soap and water or use an alcohol-based hand sanitizer, especially after changing the bandage or touching the infected wound.
- 3) Do not share personal items. Avoid sharing personal items, such as towels, washcloths, razors, clothing, or uniforms that may have had contact with the infected wound or bandage. Wash sheets, towels, and clothes that become soiled with water and laundry detergent. Use a dryer to dry clothes completely.

Advice for teachers:

- 1) If you observe children with open draining wounds or infections, refer the child to the school nurse.
- 2) Enforce hand hygiene with soap and water or alcohol-based hand sanitizers (if available) before eating and after using the bathroom.

**Advice for School Health Personnel**

- 1) Students with skin infections may need to be referred to a licensed healthcare provider for diagnosis and treatment. School health personnel should notify parents/guardians when possible skin infections are detected.
- 2) Use standard precautions (e.g., hand hygiene before and after contact, wearing gloves when caring for non-intact skin or potential infections).
- 3) Use barriers such as gowns, masks and eye protection if splashing of body fluids is anticipated.

The Loudoun Community Health Center is a nonprofit health care facility offering quality, primary health care services to people with limited or no health insurance in Loudoun County. We provide care to anyone in need regardless of their ability to pay. LCHC is located in the old Loudoun Memorial Hospital, now the Inova Hospital Center's Western Campus, 224 Cornwall Street, NW, Leesburg, VA. To make an appointment, call 703-443-2000. Hours are 8 a.m. – 5 p.m. Monday through Friday. We are currently welcoming all new patients.