

## DESCRIPTION

A type of infection caused by a Staphylococcus (or “staph”) bacteria. Actually, about 25% of people normally carry staph in the nose, mouth, genitals, and anal area. The foot is also very prone to pick up bacteria from the floor.

## FREQUENT SIGNS AND SYMPTOMS

- An area of tenderness, swelling, redness or pain.
- Abscess, boil or furuncle.
- Fever, sometimes with chills and sweats.

## CAUSES

The infection often begins with a small cut or bug bite, which gets infected with bacteria.

## PREVENTIVE MEASURES

Any time you have a cut or break in the skin, wash it with soap and water, keep it clean and dry, use antibiotic ointment and keep it covered. Staph infections are contagious, especially if the wound is weeping or draining. Wearing foot coverings in locker rooms and other commonly used areas can also help prevent contamination. People often develop staff infections by sharing contaminated items like towels and athletic gear.

## GENERAL MEASURES

The type of staph infection that involves skin is called cellulitis and affects the skin’s deeper layers, it is treatable with antibiotics. This type of infection is very common in the general population. People who have diabetes or weakened immunity are particularly prone to developing cellulitis. Staph infections range from a simple boil to antibiotic-resistant infections or even flesh-eating infections. Treatment will vary based on how deep and how fast the infection spreads, and how treatable it is with antibiotics. If the infection goes so deep that it involves muscles or fibers that enclose muscles, it may require surgery

## MEDICATIONS

- Antibiotics may be prescribed.
  - ↳ Unless your doctor tells you differently, always finish the full course of your antibiotic prescriptions, even if you start to feel better.
  - ↳ Antibiotics may interfere with the effectiveness of birth control pills. Use an alternative method of contraception for the remainder of the month after finishing your antibiotic prescription.

Your doctor also recommends the following over-the-counter medications. These medications may offer significant symptom relief:

- ❑ For fever or pain use acetaminophen or ibuprofen.  
(Acetaminophen and ibuprofen may also be alternated every 3 hours for persistent fever or pain.)

## SEEK MEDICAL ATTENTION IF

- The sore becomes unusually painful or red.
- Red streaks develop.