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STAPH INFECTION IN THE BLOOD

A staph infection in the blood and a staph infection in general can be prevented by following a few basic staph infection prevention tips.

The first staph prevention tip is to keep rashes, skin wounds, scraps, cuts, or skin punctures clean. This can be achieved by washing the injured area with soap and water immediately and then using a sterile bandage or dressing to prevent bacteria from having access to the damaged skin area. Antiseptic ointments or antibiotic ointments can also be used. Keep an eye on the damaged skin area. If the area around the wound becomes inflamed, red, painful, and starts oozing pus, this could be the onset of a staph infection. A visit to a physician should be considered. The appearance of red lines stemming from the injured area is a common sign of the staph infection spreading and medical attention is a must at this point.

Another way to prevent a staph infection in the blood and minor staph infections is to avoid sharing towels, bedding, clothing, and other items. This is a good general rule to follow for any situation, but it is especially a concern if the sharing is with a person that has a staph infection. Wash contaminated items with hot water and use a disinfectant or bleach where possible. In common areas such as gym showers, locker rooms, swimming pools, etc., it is advisable to not walk around with bare feet and therefore, some sort of footwear should be worn.

Avoid skin-to-skin contact with anyone that has a staph infection or suspected of having one.

If you have an infection, keep the infected area covered and avoid touching the infected area and then other parts of the body because this may spread the staph skin problem.

Protect the affected skin area and do not get involved in activities that may lead to contamination of the wound or broken skin area.

Good personal hygiene, which includes washing hands when necessary and bathing regularly are also recommended especially after athletic activities. Use of alcohol based hand sanitizer may help as well.

Finally, follow the staph infection treatment regime to completion and as directed by the physician. This will ensure that the infection will be cured, will not spread, and will not develop into a more serious health problem.

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