

What are “Super bugs?”



You may have heard about antibiotic resistant strains of staph classified “super bugs.” Methicillin-resistant *Staphylococcus aureus* (MRSA) was discovered back in 1961. MRSA is a form of staph, which is a commonly occurring bacteria carried by almost everyone—30% of the population has staph bacteria in their noses.

The bacterium in MRSA can result in very difficult-to-treat infections in both humans and animals because it is resistant to commonly used antibiotics. An alarming fact, according to the Centers for Disease Control and Prevention, is that in 2005, MRSA may be responsible for more deaths in the US than AIDS. To find out more about the CDC study, go to <http://www.cdc.gov/Features/MRSA/>

Most MRSA infections start on the skin, but can spread to the bloodstream, lungs or urinary tract. Serious strains of MRSA can be life-threatening. In these cases, MRSA is contracted when patients are already sick and in hospitals. **It is rare that healthy people contract MRSA skin infections.**

How is MRSA spread?

Healthy people who happen to contract MRSA (or Community-Associated MRSA) usually live and/or work in close contact with others and experience more skin-to-skin contact than usual in their professions or their living environments. Team athletes, military recruits, people in hospitals and nursing homes, healthcare workers, and prisoners have a greater chance of contracting either HA-MRSA or CA-MRSA than the general community at large.

What can I do to prevent contracting MRSA?



1. Good Housekeeping & Hygiene

A thorough cleaning regime and good hygiene are the best first defense against most diseases. A common misconception is that sanitizing alone will kill all viruses and bacterium. Surfaces must be cleaned before any disinfectant is applied. The key for success is giving your surface cleaning products enough time to work.

2. Common Transfer Points

Surfaces that are common transfer points, which include but are not limited to door knobs, urinals, toilets, push and switch plates, water fountains, sports equipment, desks, phones—generally any surface that is touched by more than one person, should be cleaned thoroughly.

3. Think Green

Now more than ever, it is important to think about the consequences of the products you use day-to-day. MSRA is contributed to the overuse of the antibiotics. Using overly harsh chemicals can do more harm to our health and our environment than good, too. Environmentally responsible choices have an impact far beyond the present.

4. How Core Products Can Help

Hydrogen peroxide based cleaning products, such as Hydroxi Pro ®, are a superior option as part of your first line of defense against dirt, grime, surface allergens and germs. Hydrogen peroxide cleaning technology does not contribute to indoor pollution and is a healthier way to eliminate allergens and minimize low-level antimicrobials in the air.

Core's Green Logic ® line offers a full array of products for every cleaning need: multi-surfaces, odor control, floor finish and stripper, degreaser, glass cleaner with more products on the way for 2008. Green Logic ® Floor Finish and Stripper are both Green Seal certified.

Core's Hydroxi Pro ® Big Wipe Rolls and Dispensers are designed for use in high traffic areas where a quick and effective cleaning are included as part of a housekeeping regime where everyone can have access to the supplies.

For more information about what you can do to prevent the spread of diseases, click here to be directed to the Centers for Disease Control Web site guidelines:

http://www.cdc.gov/ncidod/dhqp/gl_hcpersonnel.html.

