
How to Prevent Staph Infections

Most people generally carry the staph bacteria but never become sick. However, if the skin is broken due to injury, the bacteria can penetrate the wound and cause infection.

No potent vaccine has yet been developed to prevent the staph infection, however there are some simple tips that can help you prevent staph infection.

How an MMA Athlete or Other Contact Sport Athlete Can Prevent Staph Infections?

MMA Athletes and other contact sport athletes carry a higher risk of contacting Staph Infection and hence need to take an extra care of their skin. Here are a few simple ways of protecting yourself from the Staph Infection of Skin.

Wash your hands.

Good hygiene is a key factor in preventing staph infections. Wrestlers, Athletes or basically anyone who comes in close contact with other people ought to wash their hands on a regular basis. Before each meal, or after shaking someone's hand, wash your hands with warm soapy water.

Stay away from open wounds.

Staph infections occur when the Staphylococcus bacteria enters a wound. Touching another person's open wound puts you at risk.

Cover cuts.

Cover the wounds, open cuts or injuries with a bandage. Staph infection can easily transfer from person-to-person. Thus, someone with an open cut can transmit the bacteria to a variety of surfaces (door knobs, telephones, etc).

Use clean razors.

Some people habitually share razors or combs. This is a no-no. Since a person can unknowingly carry the bacterium that causes Staph infection, using another person's comb, brush, towel or razor can increase your risk of infection. Plus, razor cuts are common. It only takes a small nick or cut to transmit the bacteria.

Drink eight to ten glasses of water a day.

The best way to flush or rid the body of disease-causing bacteria is to drink plenty of fluids. Ideally, each person should consume at least eight glasses of water daily. This will decrease your risk of developing Staph infection and improve your overall health.