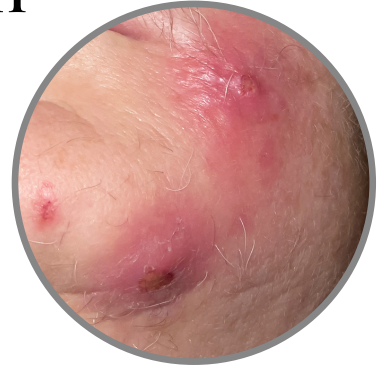


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# Eliminating Staph From Your Skin

Staph bacteria (*staphylococcus aureus*) are normally found on the skin or in the nose of about one-third of the population. If you have staph on your skin or in your nose but aren't sick, you are said to be "colonized" but not infected with staph. Healthy people can be colonized with staph and have no ill effects. However, they can pass the germ to others so it is important to get rid of the staph on your skin once you realize you have it.



Staph bacteria are generally harmless unless they enter the body through a wound or a disrupted hair follicle. When a hair follicle becomes infected it can cause a "boil" (a giant pustule) or folliculitis (those tiny pustules that you get on your thighs or buttocks or elsewhere). People who keep getting these types of infections must take steps to eliminate the staph bacteria that is colonizing their skin.

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## How To Get Rid Of Staph On Skin

To reduce staph on your skin use a medicated body wash to clean the staph off of your skin in the first place.

**Buy Hibiclens or chlorhexidine body wash (an antibacterial soap similar to what surgeons scrub with):**

- You can find this body wash to deal with staph in the "first aid" section of the pharmacy
- Use it as a body wash every day to decrease the amount of staph bacteria that might be colonizing on your skin
- Especially use it on the body parts that you would expect to harbor bacteria – feet, underarms, groin, buttocks
- Have everyone who lives with you use it as a body wash three times a week (this also goes for boyfriends or girlfriends who do not live with you)

**Buy Triple Antibiotic ointment (or use the prescription cream that Dr. Minars gave you):**

- Apply a small amount just inside your nostrils, behind your ears, and in your belly button 3x a day
- Do this for five days in a row
- Repeat this each month

Another step to take when you are trying to get rid of staph is to throw away any old sponges or loofahs in the shower. Do not share bars of soap (better yet, get rid of the bar soap altogether and use liquid soap from now on).

See [www.minarsdermatology.com](http://www.minarsdermatology.com) for more information