## Does it take a superhero to fight a "superbug"?



## No - because there's nothing super about MRSA or C.diff!

They can't fly through the air to infect people. In some instances<sup>+</sup> gowns and gloves may be needed, but the most important way to prevent their spread is good hand hygiene. Clean your hands well and clean them often!

 $^{\scriptscriptstyle +}$  e.g. acute care hospitals, situations where your clothes could become contaminated

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