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† 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!

† e.g. acute care hospitals, situations where your clothes could become contaminated

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