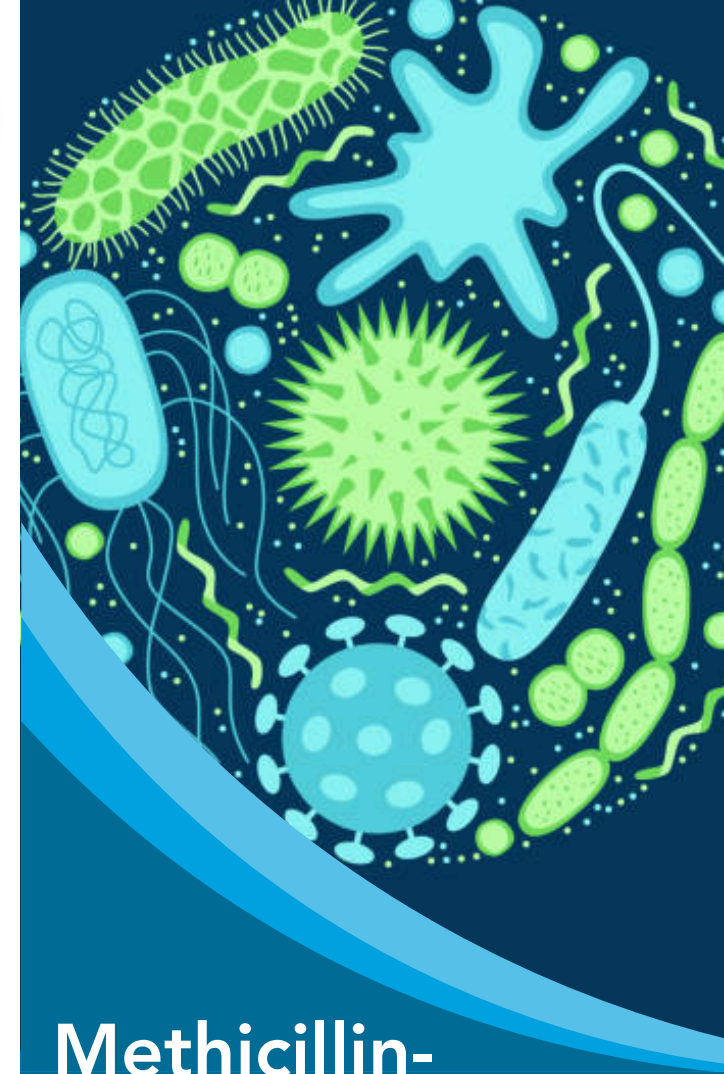


For more information, please contact us at Stevenson Memorial Hospital.



# Methicillin-Resistant Staphylococcus aureus (MRSA)

A Guide for Patients & Visitors



## Discharge Information

- Hygiene: Wash hands frequently and thoroughly.
- Wound Care: Keep wounds clean and covered.
- Medication: Take all prescribed antibiotics as directed.
- Home Cleaning: Clean and disinfect frequently touched surfaces.
- Inform Healthcare Providers: Let healthcare providers know about your MRSA history.



## Additional Resources

- Ontario Ministry of Health and Long-Term Care: [health.gov.on.ca](http://health.gov.on.ca)
- Centers for Disease Control and Prevention (CDC): [cdc.gov](http://cdc.gov)



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## What is MRSA?

MRSA (Methicillin-Resistant Staphylococcus aureus) is a strain of Staphylococcus aureus bacteria that can be found on the skin and mucous membranes of healthy individuals. Although it typically doesn't cause any harm, it has the potential to lead to infections, especially under certain conditions or if the skin is broken. The strain is resistant to many antibiotics, making it more challenging to treat when infections do occur.



## How does it spread?

MRSA is spread by:

- Direct contact with an infected wound
- Contact with an infected person (skin-to-skin contact)
- Using an item contaminated with the bacteria (i.e., towels, sheets, wound dressings, razors, etc.)

## Symptoms of MRSA

Symptoms of an MRSA infection include:

- Red, swollen, and painful bumps on the skin
- Pus or other drainage
- Fever
- In more severe cases, symptoms of pneumonia or bloodstream infections

## MRSA Prevention & Treatment

### Prevention methods for MRSA include:

- Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer.
- Keep cuts, scrapes, and wounds clean and covered until healed.
- Avoid sharing personal items like towels and razors.
- Follow your healthcare provider's advice on wound care and hygiene.
- Healthcare workers should adhere to strict hand hygiene and use gloves and gowns when necessary.

### Treatment for MRSA Infections:

Treatment depends on the type and severity of the infection. Minor skin infections may be treated with good hygiene and wound care. More severe infections may require antibiotics that are effective against MRSA. Always complete the full course of prescribed antibiotics even if symptoms improve.

### Special Precautions for MRSA:

- Single-room accommodation (the door can remain open)
- Long-sleeved gown and gloves; a procedure mask will be worn by everyone who cares for you.
- A special precautions sign will be hung outside your door
- Regular cleaning and disinfection of the room and equipment used in the room is required
- Everyone who enters and leaves your room must clean their hands
- You must also clean your hands before leaving your room and upon entry.

## What to do at Home?

When managing an MRSA infection at home, please follow these instructions:

- Everyone who helps you with personal hygiene or toilet use should wash their hands after contact.
- You must wash your hands before preparing food and eating. This practice should be followed by everyone in the household.
- Always wash your hands thoroughly after using the toilet, and ensure others do the same.
- Clothing can be laundered as usual, along with the rest of the household laundry.
- No special cleaning of furniture or items (e.g., dishes) in the home is required.
- Always inform your physician, paramedics, nurses, or other care providers that you have MRSA. This prevents spread and helps your doctor choose the right antibiotics if needed.

