

Additional recommendations on preventing the spread of MRSA

Your Home

Keep your bedroom and bathroom clean.

Clean surfaces using cleaners such as Lysol ® or Mr. Clean ® or household bleach solution (1 tablespoon of bleach to 1 quart of water, mixed fresh daily)

Use hot water and drying for washing laundry and dish-washing because hot water and drying removes the bacteria and prevents spread.

Schools and Daycare Centers

Keep abrasion and cuts covered with a clean dry bandage. Change bandage at least daily.

Wash your hands frequently with soap and water, and dry hands on individual towels or use an alcohol-based hand cleaner.

Avoid touching contaminated bandages and clothing.

Sports Team/Health Clubs

Immediately after each game, meet or practice, shower with soap and water.

Keep abrasions or cuts covered with a clean dry bandage. Change bandage at least daily.

Avoid sharing personal items such as towels, razors, soap or deodorant.

Use a barrier (e.g. clothing or towel) between your skin and shared equipment.

Wipe down surfaces of equipment or gear before and after use with alcohol or an approved antibacterial solution.

Report suspicious lesions to the school nurse/coach/manager immediately.

Athletes with draining lesions should not participate in contact sports unless the abrasion or cut can be covered completely with a clean, dry bandage.



**Wash hands for
20 seconds
with warm
water and soap.**

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A Guide To Infection Control of Community-Associated MRSA

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What is Staphylococcus aureus?

Staphylococcus aureus is a type of bacteria that lives in the nose and on the skin of about one out of every five people.

What does Methicillin-resistant mean?

Some staph bacteria are resistant to antibiotics. Methicillin resistance means that the antibiotic Methicillin and other related antibiotics do not kill these bacteria. These are called "MRSA".

What kind of problems can MRSA cause?

MRSA can cause infections such as skin infections, pneumonia, or infections of the blood. Skin infections are the most common type of infection with this bacteria. The infected area usually begins with a small bump that resembles a pimple or insect bite, which becomes red and full of pus.

How is it spread?

You can pick up MRSA from contact with people who already have it. You can carry it in your nose and on your skin for weeks to months.

MRSA is spread through direct physical contact with an infected individual or by touching objects (e.g. bandages, towels sheets, clothing) that may be contaminated with bacteria.

Outbreaks of MRSA have occurred in daycare centers, schools, prisons and sports teams where people have close contact and share equipment and personal items.

Are MRSA infections treatable?

Yes. Most MRSA infections are treatable with antibiotics. Make sure you take all of the antibiotic doses, even if the infection is getting better, unless your doctor tells you to stop taking it.

Is it possible that my MRSA skin infection will come back after it has healed?

Yes. It is possible to have MRSA skin infection come back after it has healed. To prevent this from happening, follow your healthcare provider's directions while you have the infection, and follow the prevention steps (See General Personal Hygiene) after the infection is gone.

What does Community-Associated mean?

Community-associated (CA) infections are infections acquired by people who have not been recently hospitalized or had a medical procedure. MRSA infections in the community usually appear as skin infections and can occur in otherwise healthy people.

What guidelines should I follow to prevent the spread of MRSA to other sites on my body or to other people?

Caring for the infected site:

Keep draining wounds clean and covered.

Wash any cut or break in the skin with soap and water and apply a clean bandage daily.

Dispose of bandage with regular household waste.

Report new skin sores or boils to your doctor immediately.

General personal hygiene:

Wash your hands and forearms before and after touching the wound and frequently throughout the day. Use soap and warm water for 20 seconds and dry your hands on a clean towel or paper towel.

Bathe regularly and do not share bath towels or washcloths.

Avoid sharing personal items (e.g. razors, clothing).

Wear clean clothing.

Avoid sharing drinks and utensils before they are cleaned.

For parents with CA-MRSA:

Before having direct contact with babies or children, wash your hands and forearms thoroughly. Use soap and warm water for 20 seconds and dry your hands on a clean towel or paper towel.

Do not allow children to play or lie on your bed.

Wash hands for 20 seconds with warm water and soap.