

WHAT WILL HAPPEN WHEN I LEAVE THE HOSPITAL?

- You can return to your normal routine
- Good handwashing by everyone in the house is important
- Avoid sharing personal objects such as towels, washcloths and razors
- Laundry and dishes can be done as usual
- No special cleaning is required

HOW CAN I HELP?

- If you are readmitted or go to another doctor or hospital please tell them you were on Special Precautions for MRSA
- Take antibiotics until they are all gone

Community Associated MRSA (CA-MRSA)

MRSA has now become common in healthy people. Likely to occur in people who have close contact-such as on sports teams who have open cuts or wounds.

CA-MRSA commonly causes skin infections such as boils or abscesses. See your doctor if you are concerned.

HAND HYGIENE

Special care should be paid to **hand hygiene**, as it is the best way to prevent the spread of germs. **Good hand hygiene includes these steps:**

Alcohol-Based Hand Rub

- Apply to palm of one hand
- Rub hands together, covering all of hands and fingers
- Rub until hands feel dry
- If hands are visibly dirty you must wash them before using Alcohol Based Hand Rub

Hand Washing

- Use warm running water and soap
- Spend at least **15-30** seconds lathering and washing hands
- Rub hands together, paying attention to fingertips, around rings and thumbs
- Rinse thoroughly
- Dry with paper towel and turn off tap with paper towel
- Dispose of paper towel in the garbage

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METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS (MRSA)

INFECTION PREVENTION
& CONTROL PROGRAM

WHAT IS METHICILLIN-RESISTANT STAPHYLOCOCCUS AUREUS (MRSA)?

Staphylococcus aureus (Staph) is a bacteria commonly found on the skin and in the noses of healthy people. Staph bacteria that has developed resistance to most of the antibiotics that are used to kill it including an antibiotic named methicillin are known as Methicillin Resistant Staph Aureus (MRSA)

I HAVE MRSA. WILL I BECOME SICK?

Often MRSA lives on the body without causing infection and does not require treatment. If you have an infection with MRSA you will need special antibiotics.

ARE CERTAIN PEOPLE AT RISK OF GETTING MRSA?

People most at risk to get MRSA are those who:

- Are seriously ill
- Are hospitalized for a long time
- Have taken many antibiotics

HOW IS MRSA SPREAD?

It is spread from person to person on people's hands or on equipment that has not been cleaned between use.

HOW CAN WE STOP THE SPREAD?

Special Precautions will be taken while you are in hospital.

- A sign will be posted on your door. You may be required to stay in your room.
- Before you leave your room perform Hand Hygiene.
- Do not visit other inpatient units
- Do not visit the kitchen area
- Staff and visitors will wear gown/gloves when providing direct care.
- All staff and visitors must clean their hands when they enter or leave your room
- Items brought into your room must stay in the room. Such items include: equipment (wheelchairs, walkers, etc) chairs and food
- A note will be made on your electronic patient chart that you require Contact Precautions.

WHY ARE SPECIAL PRECAUTIONS NECESSARY?

To prevent the spread to other patients in the hospital.

MRSA that is acquired in a health care setting is called Health Care Associated MRSA (HA-MRSA)

CAN MY FAMILY AND FRIENDS COME TO VISIT?

Yes. Things they should do:

- Check with the nurse before entering your room
- Clean their hands when they enter and leave your room.
- Follow the directions on the sign
- Check with staff before bringing any items, including food, into or out of your room
- Ask staff for items from the kitchen and utility room
- Wear gown and gloves if they are helping with your direct care
- Always remove gowns and gloves before leaving your room. Gloves do not substitute for Hand Hygiene. Always perform Hand Hygiene after removing gloves.
- If visiting other patients/residents schedule their visit so that their visit with you is the last one before leaving the hospital