

WHAT WILL HAPPEN WHEN I LEAVE THE HOSPITAL?

- Return to your normal routine.
- Good hand hygiene by everyone in the household 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 physician, and you have been diagnosed with an MRSA infection, ensure to advise your healthcare professional.
- Take antibiotics as prescribed by your healthcare provider.

HAND HYGIENE

Special care must be paid to hand hygiene as it is the best way to prevent the spread of germs.

GOOD HAND HYGIENE INCLUDES:

Alcohol-Based Hand Rub

1. Apply to palm of one hand.
2. Rub hands together, covering all of hands and fingers.
3. Rub until hands feel dry.

Hand Washing

1. Remove all jewelry.
2. Use warm running water and soap.
3. Spend at least **15-30** seconds lathering and washing hands.
4. Rub hands together, paying attention to fingertips, between the fingers, and thumbs.
5. Rinse thoroughly.
6. Dry with paper towel and turn off tap with paper towel.
7. Dispose of paper towel in the garbage.

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METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS INFECTION (MRSA)

***Information for Clients,
Residents, Families,
and Visitors***



INFECTION PREVENTION
& CONTROL PROGRAM
www.easternhealth.ca

WHAT IS METHICILLIN-RESISTANT STAPHYLOCOCCUS AUREUS (MRSA)?

Staphylococcus Auerus (Staph) is a bacterium commonly found on the skin and in the noses of healthy individuals.

Staph bacteria that have 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).

MRSA *colonization* is the presence of the bacteria on the body which does not cause any signs or symptoms of infection.

MRSA *infection* is the presence of the bacteria in or on the body and causing signs and symptoms of infection.

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.

WHO IS AT RISK OF GETTING MRSA?

Individuals 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?

MRSA is spread on an individual's hands or on equipment that has not been cleaned appropriately between each use.

WHAT TO EXPECT WHILE IN HOSPITAL

To prevent the spread of MRSA to others, the following precautions will be taken:

- 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 kitchenette.
- 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, but are not limited to:
 - equipment (wheelchairs, walkers, etc.,)
 - chairs
 - food.

CAN MY FAMILY AND FRIENDS COME TO VISIT?

Yes. However, they should first:

- 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 kitchenette 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 clients/residents, schedule their visit so that their visit with you is the last one before leaving the hospital.