
What if I have a staph or MRSA skin infection, what can I do to prevent others from getting infected?

1. **Cover your wound.** Keep wounds that are draining or have pus covered with clean, dry bandages. Follow your healthcare provider's instructions on proper care of the wound. Bandages or tape can be discarded with the regular trash.
 2. **Clean your hands.** You, your family, and others in close contact should wash their hands frequently with soap and warm water or use an alcohol-based hand sanitizer, especially after change the bandage or touching the infected wound.
 3. **Do not share personal items.** Avoid sharing personal items such as towels, washcloths, razors, clothing, or uniforms that may have had contact with the infected wound or bandage. Wash soiled laundry with water and laundry detergent. Drying clothes in a hot dryer, rather than air-drying, also helps kill bacteria in clothing.
 4. **Talk to your doctor.** Tell any healthcare providers who treat you that you have or had a staph or MRSA skin infection.
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Is it possible to have a staph or MRSA skin infection come back after it is cured?

Yes, it is possible to have a staph or MRSA skin infection come back (recur) after it is cured. To prevent this from happening, follow your healthcare provider's directions while you have the infection, and follow the Practice good hygiene steps on the inside of this brochure after the infection is gone.

The information provided is from the

CDC.gov website,

CA-MRSA Information for the Public.

http://www.cdc.gov/ncidod/hip/ARESIST/ca_mrsa.htm



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Community Acquired methicillin-resistant Staphylococcus aureus (CA-MRSA)



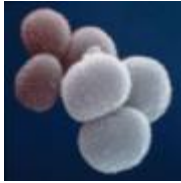
Hand Hygiene is the considered the most important single practice for preventing the spread of infection.

Henrico Doctors' Hospital
Infection Control Department

What is Staphylococcus aureus (Staph)?

Staphylococcus aureus, often referred to simply as “staph,” are bacteria commonly carried on the skin or in the nose of healthy people.

Approximately 25% to 30% of the population is colonized (when bacteria are present, but not causing an infection) in the nose with staph bacteria. Sometimes staph can cause an infection. It is one of the most common causes of skin infections in the United States. Most infections are minor (such as pimples and boils) and can be treated without antibiotics. However, it can cause serious infections (such as surgical wound infections, bloodstream infections, and pneumonia).



What is methicillin-resistant Staph aureus (MRSA)?

Some Staph bacteria are resistant to antibiotics. MRSA is a type of staph that is resistant to antibiotics called beta-lactams. Beta-lactam antibiotics include methicillin and other more common antibiotics such as oxacillin, penicillin and amoxicillin. While 25% to 30% of the population are colonized with staph, approximately 1% are colonized with MRSA.

Who gets staph or MRSA infections?

Staph infections, including MRSA, occur most frequently among persons in hospitals and healthcare facilities (such as nursing homes and dialysis centers) who have weakened immune systems. These healthcare-associated staph infections include surgical wound infections, urinary tract infections, bloodstream infections, and pneumonia.

What is Community-Associated MRSA (CA-MRSA)?

Staph and MRSA can also cause illness in persons outside of hospitals and healthcare facilities. MRSA infections that are acquired by persons who have not been recently (within the past year) hospitalized or had a medical procedure (such as dialysis, surgery, catheters) are known as CA-MRSA infections. They are usually seen as skin infections, such as pimples and boils, and occur in otherwise healthy people.

Are certain people at increased risk for community-associated staph or MRSA infections?

CDC has investigated clusters of CA-MRSA skin infections among athletes, military recruits, children, Pacific Islanders, Alaskan Natives, Native Americans, men who have sex with men, and prisoners.

Factors that have been associated with the spread of MRSA skin infections include: close skin-to-skin contact, openings in the skin such as cuts or abrasions, contaminated items and surfaces, crowded living conditions, and poor hygiene.

How can I prevent staph or MRSA skin infections?

Practice good hygiene:

- Keep your hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer.



- Keep cuts and scrapes clean and covered with a bandage until healed



- Avoid contact with other people's wounds or bandages.
- Avoid sharing personal items such as towels or razors.

