

MRSA

Methicillin-Resistant Staphylococcus Aureus

Introduction:

MRSA is a serious infection that can become life-threatening if left untreated. If you or someone in your care has been diagnosed with MRSA, there are steps you need to take now to avoid spreading it to others. MRSA may cause physical pain and emotional stress, but keep in mind that it can be managed.

What is MRSA:

Some germs that commonly live on the skin and in the nose are called staphylococcus or “staph” bacteria. Usually, staph bacteria don’t cause any harm. However, sometimes they get inside the body through a break in the skin and cause an infection. These infections are usually treated with antibiotics. When common antibiotics don’t kill the staph bacteria, it means the bacteria have become resistant to those antibiotics. This type of staph is called MRSA (Methicillin-Resistant Staphylococcus Aureus).

Personal Guidelines:

- Wash your hands frequently.
- You are going to have to use gloves if you are around someone with MRSA, especially with laundry, trash, and physically touching a client to help them move. Talk to your employer about glove requirements.
- Use gloves, paper towels, and disinfectant when cleaning a spill.
- Carry alcohol-based hand gel with you so you can sanitize your hands if soap and water are not available.
- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in a wastebasket and wash your hands.
- Take a bath or shower every day. This will help reduce the amount of bacteria on your skin.
- Keep your fingernails short to keep the bacteria from growing under and on your nails.
- Change sheets and towels regularly.
- Change clothes daily and wash them before wearing again.
- Do not share towels, razors, toothbrushes, or other personal items
- Take good care of your skin. Remember, MRSA lives on your skin. Any break or crack in your skin can allow it to enter and cause an infection. If you get a cut or scrape, clean it with soap and water and then cover it with a bandage.
- Take care of yourself: eat right, exercise, quit smoking, and avoid stress.
- Get medical care at the first sign of infection in a cut, such as redness, swelling, pain, or pus.
- Tell your employer if you have had MRSA in the past.

