

Methicillin-resistant *Staphylococcus aureus* (MRSA)

Why am I receiving this pamphlet?

One of your laboratory tests shows you are carrying a type of antimicrobial-resistant organism (ARO) known as Methicillin-resistant *Staphylococcus aureus* (MRSA)

This information sheet is provided to help you and your family understand MRSA and how to prevent the spread to others.

What is MRSA?

Methicillin-resistant *Staphylococcus aureus* is bacteria that can live on your body. When MRSA is on your body without causing an illness, this is referred to as colonization.

These bacteria do not normally cause illness in healthy people. If MRSA spreads to other parts of the body such as the lungs or blood, it can cause serious illness in some people.

Illnesses caused by MRSA are difficult to treat, so it is important to reduce the spread of these organisms to others.

MRSA is found in both the community and hospital settings on people and their surroundings. They are spread by contact with unclean hands and environments that are not clean.

Can MRSA be treated?

Most often, MRSA does not cause illness and does not require treatment. If you develop an illness caused by MRSA your doctor will choose the best antibiotics for you. Make sure you take the antibiotics as prescribed by your doctor.

What will be different when I am in a healthcare facility?

- A sign will be placed on your door or curtain to indicate Additional Precautions are required. The sign will say Contact Precautions.
- Visitors must clean their hands before entering and when leaving your room.
- Health care providers will clean their hands, put on gloves, and wear a gown over their clothing before entering the room to take care of you.
- Use your own toilet or commode (toilet on wheels) and clean your hands every time after using the washroom.
- Do not share your toilet or commode with other patients or with visitors.

more information on other side →

Call 8-1-1 Healthlink BC www.healthlinkbc.ca	Nurse	24 hours a day	Daily	Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
	Dietitian	9 a.m. – 5 p.m.	Mon – Fri	
	Pharmacist	5 p.m. – 9 a.m.	Daily	
	Hearing Impaired	Call 7-1-1		

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How can I prevent the spread of MRSA?

In most situations, the spread of MRSA can be controlled by cleaning your hands well and often.

- Cleaning your hands will remove germs, including MRSA.
 - The use of hand sanitizer is the most effective way to clean your hands unless they are visibly dirty.
 - When your hands are visibly dirty, you need to use plain soap and water to remove the dirt.
 - Cleaning your hands is particularly important after using the bathroom, before leaving your room and before eating.
- Do not touch any open sores or wounds.
- Do not use the shared patient kitchen.
- Follow any instructions your health care providers give you.

Instructions to prevent spread of MRSA at home

- Clean your hands often, especially after going to the bathroom and before preparing or eating food.
- People who live with you should also clean their hands often.
- Do not share personal care items such as washcloths, towels, toothbrushes, or bars of soap.
- Frequently clean bathrooms and other often touched surfaces (such as light switches, water taps, and toilet handles) with normal household cleaner.
- Sheets, towels, and clothing may be washed and dried as normal.
- Wash non-disposable cleaning cloths after each use.
- Cover open or draining wounds with a clean dressing or bandage.

If you return to a hospital, tell the nurse or doctor that you have MRSA. With your help, we can stop the spread of MRSA.

Additional Resources

There are many resources on the internet but not all will have accurate information. Below is a list of trusted internet resources for Methicillin-resistant *Staphylococcus aureus*. Open camera on phone, focus on image (QR Code), tap website link to open document.

HealthLink BC

Methicillin-resistant *Staphylococcus aureus* (MRSA)

<https://www.healthlinkbc.ca/healthlinkbc-files/methicillin-resistant-staphylococcus-aureus-mrsa>



BCCDC public website

Hand Hygiene

<http://www.bccdc.ca/health-info/prevention-public-health/hand-hygiene>

