



## Methicillin-resistant Staphylococcus aureus (MRSA)

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*We make it possible.*

# Methicillin-resistant Staphylococcus aureus (MRSA)

## WHAT IS METHICILLIN-RESISTANT STAPHYLOCOCCUS AUREUS (MRSA)?

STAPHYLOCOCCUS AUREUS (*S. AUREUS*) is a bacteria that lives on the skin and mucous membranes of healthy individuals, and for most people does not cause any health problems.

When *S. aureus* develops resistance to certain antibiotics, including Methicillin, it becomes Methicillin-resistant Staphylococcus aureus (MRSA).

MRSA can cause serious infections such as skin or wound infection, pneumonia or blood infection. Infections caused by MRSA may be difficult to treat.

## HOW IS MRSA SPREAD?

MRSA is spread from one person to another via:

- Bacteria carried on hands
- Contaminated patient care equipment
- Infected surfaces such as toilet seats, bed rails, door handles, soiled linens, etc.

## HOW CAN THE SPREAD OF MRSA BE PREVENTED IN A HOSPITAL SETTING?

All patients at Runnymede Healthcare Centre are screened for MRSA.

Preventing the spread of MRSA is done by:

- Accommodating patients with MRSA in a single room, if possible
- Posting a precautionary sign outside the room of a patient with MRSA
- Wearing a protective gown and gloves when having contact with the patient or their environment, inside the patient's room
- Cleaning and disinfecting patient care equipment
- Practicing proper hand hygiene by using soap and water or an alcohol-based hand rub (ABHR) when entering and exiting a patient's room
- Daily cleaning and disinfection of patients' rooms and washrooms
- Putting clean clothes on patients with MRSA before they participate in therapy outside their room

Visitors can also help prevent the spread of MRSA by:

- Following required hand hygiene practices
- Wearing a protective gown and gloves when having contact with the patient or their environment, inside the patient's room
- Refraining from sitting on a patient's bed
- Avoiding use of the patient's washroom and instead using the washroom designated for visitors
- Refraining from visiting other patients

## BE OPEN ABOUT MRSA

Always tell your physician and other care providers when you have MRSA in order to prevent spreading it to others.

## DOES A PERSON WITH MRSA NEED TREATMENT?

If an individual only carries MRSA on their body without having an infection, treatment is not required. If an individual has an infection caused by MRSA, treatment is required.

## DISCHARGE OF PATIENTS WITH MRSA

If patients have MRSA at the time of discharge from a hospital, no special cleaning of clothes or linens is required.

Clothing can be laundered as usual with other household laundry. Towels, toiletries and razors shouldn't be shared.

## CLEAN HANDS HELP PREVENT THE SPREAD OF MRSA

Always remember to clean your hands:

- After using the toilet
- After sneezing, coughing or blowing your nose
- Before preparing meals and eating
- Before and after touching or dressing wounds
- After contact with bodily fluids
- Before entering and when leaving a patient's room