



I have MRSA, what now?

NATIONAL
RENAL CARE

Patient Tutorial

How does MRSA spread

- Touching skin of an carrier or infected person
- Using personal items of a carrier or infected person like towels, linen
- Objects like cellphones, gym equipment, shopping trolleys
- Crowded areas where germs are easily spread likes old age homes, hospitals, daycare centers

Ways to know you have MRSA

- Active infection – You have symptoms like an active skin infection e.g. a sore, infected cut or boil or if severe blood infection
- Carrier – You do not have symptoms, but the MRSA bacteria still lives on you skin of in your nose. Health care providers will tell you that you are colonized or in other words a carrier

THINGS TO REMEMBER ABOUT LIVING WITH MRSA!

- Wash your hands often
- Take care of yourself: Eat right, exercise, quit smoking and avoid stress
- Take good care of your skin
- Keep skin infections covered to avoid spreading MRSA to others
- Talk with your health care provider if you have questions or concerns

What should I do to prevent the spread of the infection

Buy

- Fill your prescription for the nasal ointment and other medication if prescribed – finish the antibiotics as prescribed by your doctor
- 1% Triclosan (PhisoHex body wash/similar) or if directed 4% aqueous chlorhexidine solution
- Toothbrush, cotton buds, disposable razors, alcohol-based hand rub and – cleaner

Next

- Remove all body piercings several days before treatment and leave out for several days after treatment
- Discard old toothbrushes, razors, used roll-on, skin creams and –solutions
- Discard old washcloths/sponges
- All make-up, brushes, creams and implements like tweezers must be discarded as well
- Discard/hot wash fluffy toys
- Remove artificial nails, discard used nail polish remover
- **Personal items** – remove dentures every day during decolonization program; clean them carefully and soak them overnight in Strident. Disinfect all other personal items daily with an alcohol-based cleaner
- Start your daily routine for 5 days

REGULAR SWABS WILL BE TAKEN FROM YOUR NOSE AND GROIN AREA – 3 NEGATIVE SWABS IN A ROW MEANS DECOLONIZATION HAS BEEN SUCCESSFUL

IF YOU GET POSITIVE SWABS BACK FOLLOW YOUR DOCTOR'S ORDERS AND CONTINUE WITH THE DECOLONIZATION PROTOCOL

Daily routine for 5 day decolonization

Body Washes

- Apply antiseptic body wash in the shower daily
- Wash hair, under the arms, groin area and all folds
- Allow antiseptic body wash/cream to remain on the skin for at least 5 minutes

Nasal Ointment

- Wash hands well with soap and water/disinfect with alcohol-based hand rub and allow hands to dry
- Open the Bactroban nasal ointment and place small amount (size of match head) on a clean cotton bud
- Massage gently around inside of nostril on one side (do not insert it more than 2-3 cm)
- Use a new cotton bud for other nostril
- After applying the ointment, press fingers against nose next to nostril opening and use a circular motion to spread ointment within the nose
- Apply the Bactroban ointment 3 times a day for 5 days
- Disinfect hands after applying the ointment
- Each person must use their own tube of Bactroban if more people in the household needs to decolonize