



Canada's Hand Hygiene Challenge

What is MRSA?

What is Methicillin-resistant *Staphylococcus aureus*?

- A antibiotic resistant form of a type of bacteria that can be found on skin and in the nose.
- Some MRSA infections are mild and easily treated while some are not.
- Because the antibiotic choices for treating MRSA are limited, antibiotic treatment may not work as well for some types of infections.

Who gets MRSA?

- MRSA can be picked up by people who are in hospitals or other healthcare facilities, usually from other patients who have MRSA. Recently, there have emerged strains of MRSA that are spread person to person in the community

How is it spread?

- Patients with MRSA have the bacteria on their skin and clothing. It also contaminates objects and surfaces in their immediate environment. You can pick up MRSA by touching someone who is carrying it, or by touching objects that are contaminated with it. You can also pick it up from a healthcare worker who is transiently carrying it on their hands after touching a patient with MRSA.

How is MRSA treated?

- If you develop an infection with MRSA, there are antibiotics that can be used to treat you.
- It is important to seek professional help immediately if you suspect an infection

Do people die from MRSA?

- In rare occasions, MRSA can be fatal
- In most cases, MRSA is limited to the skin and can be managed

How do I help to prevent MRSA?

- Clean your hands often when you are in healthcare settings.
- If you feel comfortable doing so, ask your healthcare provider to clean their hands prior to examining you.
- Make sure your cuts and scrapes are cleaned and covered and the bandages are properly discarded
- Avoid sharing personal items such as towels, razors, washcloths, toothbrushes and the like
- Launder your clothing regularly
- Talk to your doctor or healthcare provider if you think you have an infection

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Public Health Agency of Canada <http://www.phac-aspc.gc.ca/id-mi/mrsa-eng.php>

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