

COMMUNITY ACQUIRED MRSA INFECTION

What You Need to Know
to Help Stop the Spread



Take Precautions at Home

MRSA infection can also spread at home. Be sure to take special care if you know you have MRSA, or if you are caring for someone who is at risk for infection. Talk to your healthcare provider and follow their instructions.

To help keep infection from spreading at home:

- Wear disposable gloves to change bandages or handle soiled laundry. Clean your hands after removing gloves.
- Use a washer and dryer to do the patient's laundry. Wash towels, clothes, and bedding in hot water with detergent and liquid bleach.
- Change bedding at least once a week or more often as needed. Wash bedding by itself.
- Do not share towels, razors, clothing, food items, toys, or athletic equipment.
- Clean surfaces such as bathrooms, sinks and tabletops and personal items often. (A mixture of 1 tablespoon of bleach with 1 quart of water prepared daily works great for regular clean up!)



Let's Talk

MRSA (often pronounced "mer-sa") and CA-MRSA (community acquired, non-Healthcare related) infection can lead to serious health problems. Your healthcare team at Sansum Clinic is working hard to prevent infections from spreading, but they need your help. Read this pamphlet to learn more.

What is Staph Infection?

Staph bacteria (*Staphylococcus aureus*) are organisms that live on the skin or in the nose of healthy people. These bacteria do not usually cause problems. But, sometimes they can spread and cause infection.

What is MRSA Infection?

MRSA (*Methicillin-resistant Staphylococcus aureus*) is a type of Staph infection that resists certain antibiotics (germ-fighting medications). MRSA can cause an infection and can lead to serious health problems. MRSA is often found in the nose, armpits and the groin area.

How does MRSA spread?

MRSA can be spread on dirty hands, then to countertops and other surfaces.

Who gets Staph infection?

- Anyone can get a Staph Infection

Those MOST at risk are:

- People recovering from surgery
- People with other illnesses
- The very young and the elderly
- Men who have sex with men

People are MORE LIKELY to get a Staph Infection if they have:

- Skin-to-skin contact with someone who has a Staph infection
- Contact with items or surfaces with Staph on them
- Openings in their skin such as cuts or scrapes
- Poor hygiene
- Visited an infected facility
- Participated in contact sports

When to Call Your Doctor

MRSA infection can return in the same spot or appear in new places. It may also spread to others. Contact your doctor if you have symptoms of MRSA infection.

Symptoms of MRSA Infection

- Fever of 100.4°F (38°C), or higher.
- Skin that is painful, tender and red.
- Red bumps on the skin. These may look like pimples or a spider bite.
- Bumps that are filled with pus. (Similar to boils or cysts)

What You Can Do

You can help stop MRSA from spreading too! MRSA is easily spread on dirty hands. Cleaning your hands often is the best way to kill germs.

Patients, their family, and their friends must also clean their hands often while visiting the Clinic and at home. MRSA from wounds, the nose and other parts of the body can spread to others on dirty hands.

Clean your hands often, especially:

- After touching a bandage
- After blowing your nose
- After covering a cough or sneeze with your hand
- After using the bathroom*
- Before eating
- Before and after coming into contact with others

* Hands must also be washed after coming into contact with any body fluids, feces, bandages, or soiled clothing or linens.

Important: Hand Cleaning

Proper and frequent hand cleaning is the best way to prevent the spread of infection.



Follow these steps every time you wash your hands.

1. Always use warm water and plenty of soap.
2. Be sure to wash palms, backs of hands and in between fingers.
3. Scrub hands for at least 20 seconds
4. Rinse hands well letting water run down the fingers.
5. Dry hands well.
6. Use a paper towel to turn off the faucet and open the door if needed.

Alcohol-based Hand Cleaners:

If using hand cleaners, be sure the cleaner you are using is at least 60% alcohol. Rub hands until they are dry. Never use alcohol-based cleaners if your hands look dirty. Use soap and water instead.

What We Do

To keep infection from spreading, Sansum Clinic staff takes the following precautions:

- Clean their hands before and after treating patients.
- Wear protective gloves and gowns when needed.
- Place patients with MRSA in designated rooms when possible.
- Test patients for MRSA when appropriate.
- Avoid overuse of antibiotics. Too much use can cause germs to resist certain antibiotics.
- Clean our rooms and equipment with germ killing cleaners.
- Teach our patients and visitors the best ways to prevent infection.

Sansum Clinic

Infectious Diseases

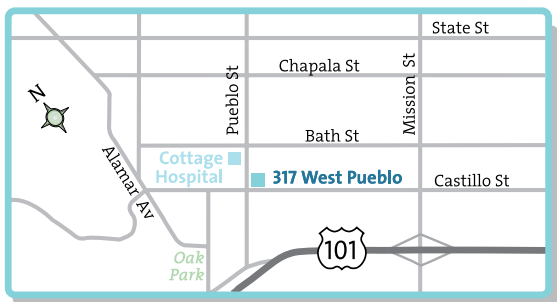
David T. Fisk, MD

Mary-Louise Scully, MD

317 West Pueblo St.,

Santa Barbara, CA 93105

(805) 898-3530



Sansum Clinic is an independent nonprofit healthcare organization providing the full spectrum of quality healthcare in our community.



A Nonprofit Organization
P.O. Box 1200
Santa Barbara, CA 93102-1200

Sansum Clinic is a 501 (c) (3) California Nonprofit Public Benefit Corporation with Clinic locations from Carpinteria to Lompoc and over 150 affiliated physicians, and is accredited by the Joint Commission on Accreditation of Healthcare Organizations.