



Community Acquired MRSA

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Topics To Be Covered

- What is MRSA
- Protecting Yourself and Others from Infection
- Preventing the Spread of MRSA in the Home
- Preventing the Spread of MRSA in the Community
- MRSA and your Health

MRSA

- First recognized in 1961 – one year after antibiotic Methicillin was introduced for treating *S. aureus* infections
- Methicillin Resistant Staphylococcus aureus- a type of bacteria unable to be killed by common antibiotics including all penicillin and cephalosporins

Signs and Symptoms

- Fever
- Local swelling, redness, heat
- Painful lesion or pimple with or without drainage
- Boil – tender red lump with a white “head”

S. Aureus Infection

- Most infections caused by S. aureus are skin and soft tissue infections
- MRSA has been reported in increasing numbers among healthy persons of all ages
- This is referred to as **Community Acquired MRSA**

Protect Yourself

- Regularly clean commonly touched surfaces in the home e.g. door knobs, light switches, toilet handles
- Change sheets regularly, wash using detergents appropriate for cold or warm water
- Linens and clothing that are not soiled with body fluids, can be washed with the family's laundry

Protect Yourself

- Linens and clothing contaminated with body fluids and wound drainage should be washed separately from the rest of the family's clothing
- When picking up dirty linen or clothing, hold away from your body to prevent MRSA germs from getting onto your clothing

Protect Yourself

- Wash cuts, scrapes, lesions, insect bites and sores with soap and water
- Avoid contact with other people's cuts and sores
- Keep lesions clean and dry and cover them with bandages until they are healed

Protect Yourself

- Change dressings when soiled or damp, place dressings in a paper bag, then place in the regular garbage
- Do not share personal items e.g. towels, clothing, soap and razors
- Use a barrier between skin and shared equipment e.g. exercise machines and massage tables

Protect Yourself

- Disinfect with an EPA registered agent
- Wipe surfaces of equipment before and after use, especially if the surface has become wet with sweat
- Shower after there has been substantial skin to skin contact
- Clean shared equipment surfaces daily

Protect Yourself

- Follow manufacturer's instructions and check label specifications for equipment disinfection of *Staphylococcus aureus*

MRSA Transmission

- S. aureus is most often spread to others by contaminated hands



How Did I Get MRSA

- Touching skin, wounds, sharing towels, athletic equipment – even after your infection is cleared up, and you don't experience any symptoms, you may still carry MRSA. This is called being “colonized”.

Colonization vs: Infection

- **Colonization** –state of a microorganism living in or on a body without causing disease

Colonization vs: Infection

- **Infection** – condition in which the body is invaded by a microorganism, the organism multiplies and causes injury or illness

Preventing The Spread

- Bring infections to the attention of your healthcare provider
- Only take antibiotics when they are prescribed by your healthcare provider and finish the entire prescription –even if you start to feel better
- Cover all sores

Preventing the Spread

- Carry alcohol-based hand cleaner with you so you can clean your hands if water and soap are not available

BOIL



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BOIL 2



Cellulitis



LESION

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After MRSA

- Seek medical care at the **first** sign of infection in a cut or scrape; signs include fever, redness, local swelling and/or heat
- Early treatment can prevent the infection from getting worse

After MRSA

- Wash your hands frequently
- Practice good hygiene
- Complete all antibiotics prescribed by your healthcare provider

Acknowledgements

- *CA-MRSA Information for the Public*, Centers for Disease Control and Prevention, www.cdc.gov/ncidod
- *Living with MRSA*, Tacoma Pierce Health Department. Fall 2004
- *MRSA Fact Sheet*, Minnesota Department of Health, 2004
- *MRSA Fact Sheet*, Washington State Department of Health, 2005

Acknowledgements

- *Guidelines for Reducing the Spread of Staph/CAMRSA in Non-Healthcare Settings v.1*, Los Angeles County Department of Health Services, Sept. 2004
- *NCAA Alert on Skin Infections*, National Collegiate Athletic Association 2003