

MRSA

What is it?

- MRSA stands for Methicillin Resistant Staphylococcus aureus.
- It is a type of germ (bacteria) found in the community or hospitals.
- MRSA is usually found on the skin, in the nose or in the rectal area without causing an infection. This is called the carrier state.
- Sometimes MRSA can cause an infection. Infections can occur in wounds, lungs, blood stream or urinary tract.
- Some of the reasons that put a person at risk of getting MRSA include:
 - poor nutrition
 - being elderly
 - poor hygiene
 - injecting street drugs and sharing needles
 - frequent use of antibiotics
 - frequent admissions to the hospital
 - having open wounds
 - use of shared sports equipment

How is it spread?

- It is spread from one person to another, usually on the hands of caregivers. It can be spread by not cleaning your hands after having contact with people who have it or by handling things that they have used.
- It is not generally spread through the air by coughing or sneezing.

Is there treatment for it?

- MRSA germs (bacteria) are not killed by common antibiotics, but if you have an infection there are some antibiotics that can be used.
- If you have MRSA, but are not sick from it (carrier state), you do not need to be treated.
- MRSA may often clear up on its own.

What can be done to prevent the spread of it?

- Cleaning your hands with alcohol hand rub or soap and water is the best way to stop the spread of MRSA.
- If you are in the hospital, you will be cared for using Contact Precautions and will need follow-up laboratory testing.
- Always remember to tell your doctor, nurses, dentist, paramedics or other care providers that you may have MRSA.

For more information visit:

Public Health Agency of Canada

<http://www.phac-aspc.gc.ca/id-mi/mrsa-eng.php>

**Stop the spread of germs and infection.
Clean your hands.**

