

Fact Sheet



Division of Developmental Disabilities Health Care Services

MRSA

Health Information Fact Sheet #6

MRSA (Methicillin-Resistant Staphylococcus Aureus) is a type of staph bacteria which resists certain antibiotics, such as Methicillin, Oxacillin, Penicillin, and Amoxicillin.

CA-MRSA is a skin-related MRSA which are infections that are acquired in the community, often through close skin-to-skin contact, contaminated surfaces, or shared items.

Fact Sheet guidelines have been provided as general information, not as a substitution for medical treatment from a physician.



Some Facts about MRSA:

- The number of people who have MRSA is rising.
- MRSA hospitalizes approximately 126,000 Americans each year.
- MRSA can be found anywhere in or on the body (skin, lungs, or in the blood)..

Risk Factors (Causes):

Recognition of the following conditions will help alert you to potential risks:

- MRSA is contagious.
- A member can get MRSA by touching another member who has it on their skin, or by touching the infected part of their body without proper protection.
- MRSA is more common in members who have other health conditions which make them sick.
- MRSA infections may occur in members who have been in the hospital or other healthcare setting.
- MRSA may occur in the community, such as in day programs, with members who share equipment or personal items.

What to Watch For:

The following signs and symptoms vary depending on where the infection is, how long the individual has had the infection, and the general health of the individual:

- MRSA - Skin:
 - Rash
 - Fever
 - Red, warm, swollen, painful, bump or bumps that look like a “bite” or “pimple”
 - Pus or drainage coming from the bump(s)
- MRSA - Blood, Heart, Lungs, or Urine:
 - Chest pain
 - Chills
 - Fatigue
 - Muscle aches
 - Fever or generally feeling ill
 - Cough
 - Headache
 - Shortness of breath



What to Do:

- *Contact the member's doctor* for a treatment protocol.
- *Notify the PCSP Team* to add MRSA to the Risk Assessment along with the protocol from the doctor.
- *Practice good hand hygiene:* Wash hands between working with various members and or use alcohol-based hand rubs.
- *Cuts & Scrapes:*
 - Protect by keeping them clean and covered with a bandage until healed
 - Avoid contact with soiled bandages.
 - Do not attempt to open or drain any wounds.
 - Alert a doctor or nurse if an individual has a Member has a wound which is uncovered, draining pus, or looks wet.
 - The wound should be covered with clean, dry bandages until healed.
- *Do not share personal items* such as towels, razors/clippers, bar soap, clothing.
- *When clothing, sheets, or towels become soiled,* wash with detergent and place dryer on the warmest setting stated on the items' labels.
- MRSA can be spread by contact with furniture, bed rails, and bathroom fixtures:
 - Clean shared equipment and bathing facilities with a detergent based cleaner or EPA registered disinfectant effective at removing MRSA.
 - Always check the manufacturer's recommendation to make sure the cleaner is safe for the equipment.
 - Allow equipment to air dry after cleaning.

Emergency

- *Immediately call 9-1-1* (and begin CPR necessary) when you observe or see any of the following signs:
 - Chest pain
 - Shortness of breath
 - Sudden illness

Contact the Member's doctor if other symptoms occur such as *fever* or *rash* which does not get better within the time period specified by the Member's doctor.

