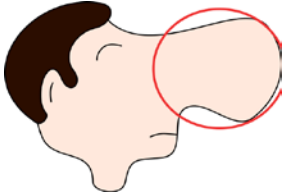


Clearing up MRSA

Methicillin-Resistant Staphylococcus Aureus



- Wash your hands before and after touching your nose.
- For 10 days, twice a day, use a new cotton-tip swab to put Mupirocin[®] cream into both nostrils. Do not put the swab more than 2 cm (3/4 inch) inside your nostrils.



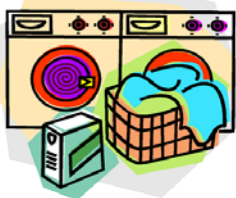
- Two or 3 times per week:
 - Shower with chlorhexidine soap, or
 - Take a bath with a mixture of bleach and water. Mix 5 ml (1 teaspoon) bleach for each 3 ¾ litres (gallon) of water.



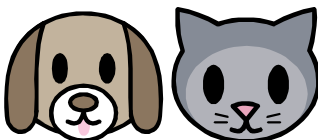
- Throw away any personal items that have touched your skin and may have MRSA. This includes toothbrushes, razors, deodorants, skin adhesive tape, open lotions, pumice stones and sponges.
- Remove nail polish and artificial nails.



- Use a disposable razor. Throw it away after shaving. Do not reuse it.



- Change your clothes every day, including pyjamas.
- Wash the clothes before wearing them again.
- Wash towels and sheets in hot water after each use.



- Your pets can have MRSA with no signs of infection.
- Wash your pets' bedding in hot water.
- Do not let your pets sleep on or in your bed.

What is Methicillin-Resistant *Staphylococcus Aureus* (MRSA)?

- *Staphylococcus aureus* is a germ (bacterium) that is commonly found on the skin and in the noses of healthy people.
- Some *Staphylococcus aureus* bacteria are resistant to the antibiotic methicillin, and are called Methicillin-Resistant *Staphylococcus aureus* (MRSA).
- You can have MRSA on your skin or living in your nose and not be sick. However, even if you are not sick, you can spread it to others.
- MRSA is spread from one person to another by touching skin or objects that have MRSA on them.
- Sometimes, MRSA can cause infections. These infections need to be treated with non-standard antibiotics. If untreated, a MRSA infection can be serious or even life-threatening.
- Following the steps on the previous page can help to clear MRSA from your skin and nose. This reduces the chance that you will get sick from MRSA or spread it to others.

For more information:



- Hamilton Health Sciences' Patient Education Library: www.hhsc.ca/PEDL search for "MRSA".
- Public Health Agency of Canada Fact Sheet: www.phac-aspc.gc.ca/id-mi/mrsa-eng.php