**Having a MRSA Infection**

Follow the below mentioned guidelines.

- Wash hands thoroughly and change bandages using gloves, throw used bandages and used gloves away in a plastic bag.
- Be careful not to get any pus or body fluids on surfaces.
- Wash clothes, towels and bedding separately using bleach and hot water.
- Clean frequently touched surfaces with a disinfectant or bleach and clean regularly.
- If you have ever had an active MRSA infection, or have been colonized, tell your healthcare provider.
- Get lots of sleep, eat well, exercise if you can and avoid stress. You may become depressed, have anxiety or acquire Post Traumatic Stress Disorder (PTSD) from a prolonged infection and it is very common. Seek help from you healthcare provider.
- Insist that your healthcare provider wash their hands before and after caring for you.
- If in a healthcare facility, you may be placed in isolation and anyone entering your room must wear gloves and gowns.
- Visitors should report to the nurses’ station if instructions are not outside your room door for contact precautions.

**MRSA in Pets, Livestock and Zoo Animals**

- Dogs and cats can get MRSA infections and be carriers along with cows, pigs, horses and zoo animals.
- If you have recurring MRSA infections, contact your vet and get your animal tested.
- If your animal is diagnosed with MRSA, they can be treated and follow your vet’s recommendations.
- Wear gloves when caring for your animal’s infection or sores.

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**MRSA Crisis Hotline for patients and caregivers**

630-325-4354

**Please Help Us Raise Awareness and Save Lives**

**Donate Now**

Your generous contribution can make a difference. MRSA Survivors Network is an IRS 501 (c)(3) nonprofit organization and your donation is tax deductible. MRSA Survivors Network is comprised of volunteers who are dedicated to raise awareness, increase research, gives support and educates others on MRSA.

Please contact us on how you can get involved, volunteer and help make a difference.

Please make checks payable to MRSA Survivors Network or donate by Paypal on-line at both of our web sites.

Please send checks to: P.O. Box 241 Hinsdale, IL 60522

Contact Us:
Ph. 630 325-4354
www.MRSAsurvivors.org
email: info@MRSAsurvivors.org

**Name _______________________________________**

**Address ______________________________________**

**City ________________________________________**

**State__________________________ Zip __________**

**Email ______________________________________**

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**Information for the community, patients, And family members**

The information provided is a guide to help prevent an infection and seek help from your health-care provider when an infection occurs.
What is MRSA?
Methicillin-resistant staphylococcus aureus (MRSA) is a bacteria that is resistant to most antibiotics and a type of staph that has mutated in the past 50 years. There are two main types of MRSA.

What is healthcare-acquired MRSA (HA-MRSA)?
The vast majority of MRSA infections (84%) in the U.S. are HA-MRSA and acquired in healthcare facilities and invasive MRSA infections can be very serious and cause death. Patients should closely follow the instructions given by their healthcare provider upon discharge.

What is community-acquired MRSA (CA-MRSA)?
MRSA can cause infections and illness in people outside of hospitals and healthcare facilities and is called community-acquired MRSA (CA-MRSA). CA-MRSA presents itself as skin infections; such as pimples, boils, rash or a spider bite. People should monitor their skin condition closely and seek medical attention if the skin eruption worsens.

Colonization Versus Infection
- Colonized with MRSA means MRSA is present on or in the body (usually nares or skin) without causing an infection. Approximately 7% of the U.S. population are colonized with MRSA and are carriers with the vast majority being asymptomatic.
- Infected means there are symptoms such as redness, pus, drainage, burning sensation, pain and nausea and vary according to the location of the infection.

What Should I do if I think I have a MRSA or staph infection?
Wash hands frequently and keep your sore covered with a clean bandage and use a disinfectant wash. Contact your healthcare provider immediately and ask to have your wound cultured for MRSA.

Preventative Measures to Reduce Chances of a HA-MRSA Infection
At least ten days before having a medical procedure or surgery ask your doctor to test you to see if you are colonized (a carrier) for MRSA and have a culture done (a simple nasal swab). If you are positive, you can be decolonized by taking an antibiotic ointment in your nares for five days and washing your skin with chlorhexidine (purchased at any pharmacy) several times before the surgery or procedure. A person who is colonized with MRSA has a ten-twelve fold greater chance of acquiring an infection.

Preventative Measures to Reduce Chances of a CA-MRSA Infection
- Wash hands thoroughly and frequently and carry hand sanitizer with you when unable to wash with soap and water.
- Do not poke or squeeze sores.
- Keep cut and scrapes clean with soap and water and covered till healed.

MRSA and Athletes
- Do not share personal items such as towels, soap, razors, etc.
- Shower immediately after practice or a workout.
- Wash workout clothes or uniform after each use in hot water with bleach and use the dryer.
- Avoid touching your face while working out.
- Clean and cover any minor cut or scrap till it heals and if you have a MRSA infection you must be cleared by a physician before returning to practice.
- Wash hands before and after practice or workout and wipe down equipment before and after use with an alcohol-based cleaner or spray cleaner.
- Do not place your towel, water bottle or cell phone on equipment.

World MRSA Day,
October 2

World Awareness Month,
October

International MRSA Testing Week
April 1-7

www.worldMRSAday.org