

MRSA

What is MRSA?

Methicillin-resistant *Staphylococcus aureus* (MRSA) is a type of staph *bacteria* that is resistant to some antibiotics.

Ordinary staph can be found on the skin or in the nose of healthy people.

Staph bacteria is one of the most common causes of skin infections (usually mild boils or pustules) in the US.

MRSA occur most frequently among persons in hospitals however MRSA has shown up in schools and communities. This MRSA is referred to as community-acquired or CA-MRSA.

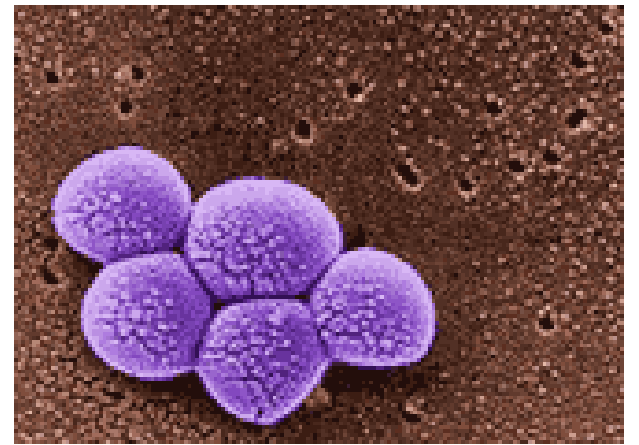


Image: Centers for Disease Control

What are the symptoms/illnesses of MRSA infection?

Ordinary Staph bacteria is one of the most common causes of skin infections (usually mild boils or pustules) in the US.

CA-MRSA is likewise usually skin infections that look like pimples or boils.

These infections commonly occur at sites of visible skin trauma_such as cuts and abrasions and areas of the body covered by hair (eg., back of neck, groin, buttock, armpit, beard area of men.



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More serious infections such as pneumonia, bloodstream infections, or bone infections, are very rare in healthy people who get MRSA skin infections.

Adults and children with weakened immune systems may be at higher risk of the blood stream infections and pneumonia after developing a MRSA skin infection.

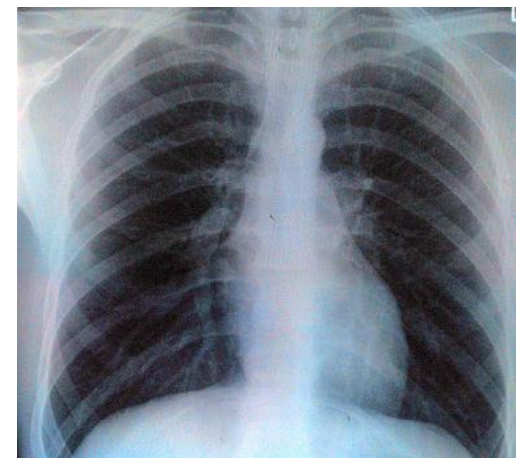


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How is MRSA treated?

- MRSA skin infections can be effectively treated by drainage of pus with or without antibiotics.
- Drainage of skin boils or abscesses should only be done by a healthcare provider.
- However, some staph and MRSA infections are treated with antibiotics.
- If you are given an antibiotic, take all of the doses, even if the infection is getting better, unless your doctor tells you to stop taking it.



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How is MRSA transmitted?

- MRSA is **usually transmitted by direct skin-to-skin contact** or contact with shared items or surfaces that have come into contact with someone else's infection (e.g., towels, used bandages).
- MRSA transmission occurs more frequently when these environmental factors, referred to as the **5 C's** are present:

- **C**rowding,
- **F**requent skin-to-skin **C**ontact,
- **C**ompromised skin (i.e., cuts or abrasions),
- **C**ontaminated items and surfaces, and
- **L**ack of **C**leanliness.

How can we prevent staph or MRSA skin infections?

- **Keep cuts and scrapes clean and covered with a bandage until healed.**
- Keep hands clean by washing thoroughly with soap and water or using an alcohol-based hand sanitizer.
- Avoid contact with other people's wounds or bandages.
- Avoid sharing personal items such as uniforms and personal protective equipment.
- Cleaning contaminated surfaces and equipment **with detergent-based cleaners is effective at removing MRSA** from the environment.
- **Behaviors such as adequate hand hygiene and covering abrasions, open cuts and wounds are probably far more effective than disinfecting every surface.**
- Avoid overuse of disinfectants such as bleach. Disinfectants can be irritating and exposure to disinfectants has been linked to asthma. **Where disinfection is concerned, more is not necessarily better.**



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If I have MRSA, can I go to work?

Unless directed by a healthcare provider, workers with MRSA infections can go to work. It is important to cover and contain any wound with a clean, dry bandage.

Are there any OSHA regulations for MRSA?

No.