

For further advice either speak to the nurse looking after you or contact  
Infection Prevention and Control Team  
on  
01502 445255

### **Compliments, comments, concerns or complaints**

#### **Patient Liaison -**

may be the best starting point if you have a question or concern about the NHS. If you would like to find an NHS dentist, know where your nearest doctor is or talk through a problem you have had with a service, you can contact the PALS service.

To contact Patient Liaison Manager:  
Call 01502 718666  
Monday to Friday,  
Email: [ECCH.patientliaison@nhs.net](mailto:ECCH.patientliaison@nhs.net)  
Or write to:  
Patient Liaison Manager  
ECCH  
1 Common Lane North  
Beccles, Suffolk NR34 9BN

If you would like this leaflet in large print, audio cassette, Braille or in a different language please contact Andrea Dawson on 01502 718600 or Email:[ecch.enquiry@nhs.net](mailto:ecch.enquiry@nhs.net)

Jei šios publikacijos kopija noretumete gauti savo kalba prašome susisiekti su Andrea Dawson on 01502 718600 or Email:[ecch.enquiry@nhs.net](mailto:ecch.enquiry@nhs.net)

Jezeli chcieliby Panstwo otrzymac niniejsza publikacje w tłumaczeniu na język polski, prosimy o kontakt z Andrea Dawson on 01502 718600 or Email:[ecch.enquiry@nhs.net](mailto:ecch.enquiry@nhs.net)

Pokud byste chteli kopi této publikace ve Vašem jazyce, prosím kontaktujte Andrea Dawson on 01502 718600 or Email:[ecch.enquiry@nhs.net](mailto:ecch.enquiry@nhs.net)

Bu yayinin kendi dilinizde bir nüshasını isterseniz, lütfen Andrea Dawson on 01502 718600 Email:[ecch.enquiry@nhs.net](mailto:ecch.enquiry@nhs.net)

Se pretender uma cópia desta publicação no seu idioma, por favor contacte Andrea Dawson no número 01502 718600 Email:[ecch.enquiry@nhs.net](mailto:ecch.enquiry@nhs.net)



# MRSA

## Meticillin Resistant Staphylococcus Aureus

### Patient information leaflet



Produced by East Coast Community Healthcare Infection,  
Prevention and Control Team

First issued: July 2014 reviewed August 2017

\* **What is MRSA?**

MRSA is a bacteria that has become resistant to the usual treatment. Doctors can use other medicines, but they have fewer to choose from.

- Many people carry MRSA harmlessly on their skin or in their nose.
- If the MRSA gets into the body it can cause a hot, red painful area. This is called an infection.

\* **How will I know if I have MRSA?**

There is no way of knowing if someone has MRSA unless they are tested.

You will be tested either before going into or within 24 hours of admission to hospital.

\* **How will I be tested?**

Testing involves placing a swab just inside your nose and on the skin of your groin. The test is painless and only takes a few seconds.

\* **What is the treatment for MRSA?**

If you are found to have MRSA you will be asked to:

- Use a special body wash for 5 days instead of your usual soap or shampoo. Paying particular attention to your:

Armpits  
Groin  
Buttocks  
Under breasts

- Apply nasal cream 3 times a day for 5 days. This treatment will be carried out at home. If you are in hospital you may be moved to a single room or separate area.



If you have a wound infected with MRSA, an appropriate dressing will be selected by the Community or Practice

\* **Can MRSA be spread to other people?**

When someone has MRSA they shed the organisms from the skin surface. It can survive on hands and surfaces for several days.

\* **How do I minimise the spread?**

Good hand washing is the single most important infection prevention and control measure. Especially after using the toilet.

Hands should be washed with soap and water after contact with the infected person.



Do NOT share towels, facecloths etc. with the affected person.

Clothing, bed linen, towels etc. should be washed at 60°C or above if possible or at 40°C using washing powder that contains bleach in order to destroy norovirus.

Cleaning around the home should be carried out with a disinfectant.

Particular attention should be given to:

- Washbasins
- Baths
- Toilet seat and handles
- Showers
- Any surface which comes into contact with the hands e.g. door handles, telephones, keyboards.

It is important to use a clean cloth each time to prevent surface being re-infected.

- Disposable cleaning cloths
- Or washing the cloth at 60°C or above

Cleaning the floors/carpets by vacuum daily will help remove any skin scales which have been shed.



\* **Will MRSA affect my family and friends?**

MRSA is very unlikely to cause problems to health people. Research has shown that if MRSA is carried by a health person in the community, it will almost certainly be temporary.