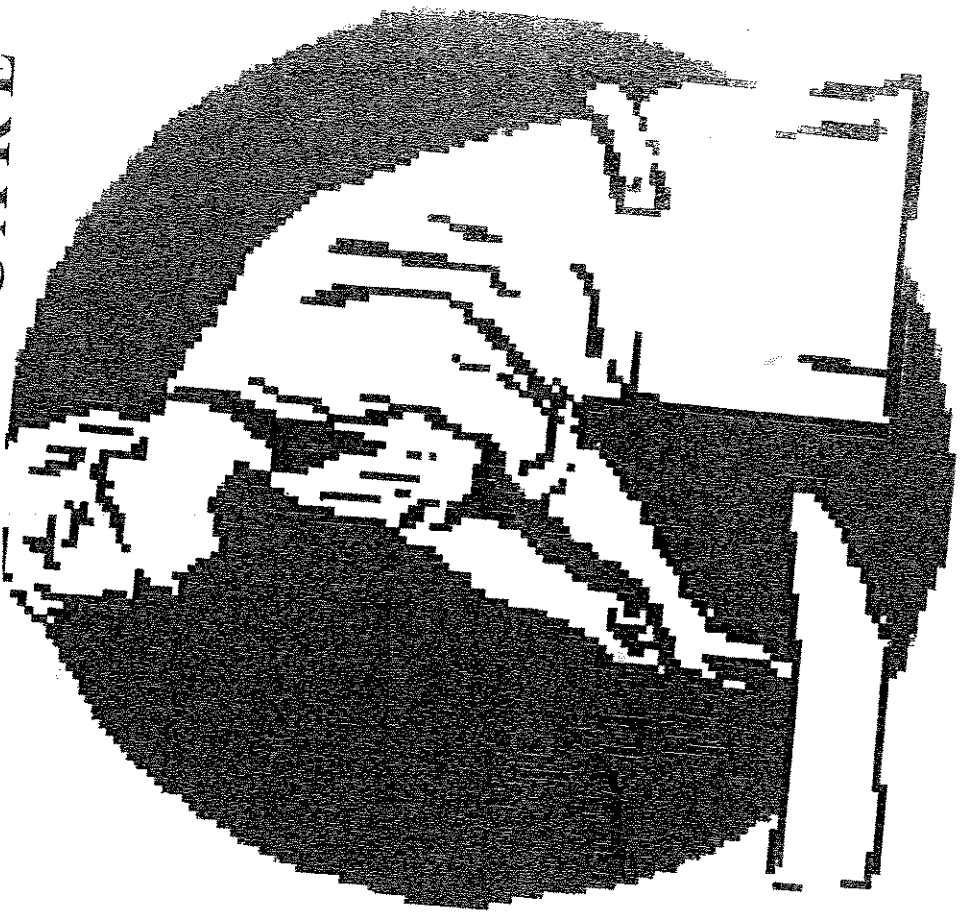


**MRSA PRECAUTIONS
IMC's Infection Control
Department
(602)-263-1519**

MRSA HOME-CARE



Precautions to take at home if you have MRSA

Hand Care

- * Wash your hands for at least 30 seconds before having contact with another person, especially someone who is not able to fight off infections e.g. babies, someone who is receiving chemo, is sick, has open wounds etc.
- * Use an antibacterial soap, and scrub your hands thoroughly and briskly, using warm water. Waterless soap is also effective. Carry a small bottle of waterless soap with you in case you are in an area where there are no sinks.
- * Wear hospital gloves if doing dressing changes.
- * Wash your hands after taking off the gloves.

Eating

- * Wash your hands as described above before eating, before preparing food, and after using the toilet.
- * Do not share dishes and utensils. Do not have others take bites of your food.
- * If you do not have a dishwasher, wash dishes with hot water and dish soap, rinse well, and allow to drain until dry.

Cleaning your house

- * You can use a solution of bleach and water to clean. Mix 1 part of bleach to 10 parts of water. Example: mix ½ cup of bleach with 5 cups of water. You may also use any commercial disinfectant cleanser – (Lysol or Pinesol).

MRSA is easy to kill on surfaces, as long as it is in contact with disinfectant cleaner for enough time. If you wet a surface well with cleaner and let it air-dry, that should be enough time to get rid of the germ. Disinfect the bathtub and shower after each use. You may want to disinfect the toilet seat if you have MRSA in your urine, in your stool, or on your skin. In public bathrooms just use the paper seat covers.

Waste Management

Put all disposable waste, like dressings and bandages into plastic bags. Tie the bags securely. They can be thrown out with the regular garbage/trash.

Laundry

- * Wash your clothes by themselves in a detergent and bleach if they are heavily soiled with body fluids.
- * Clothes NOT soiled with body fluids can be washed with the family's clothing

Spread of MRSA

Even though you were treated with antibiotics, MRSA can live in your nose, not causing infection. You can spread MRSA to others by touching your nose, and then touching other people or surfaces.

Follow-up

- * Obtain nasal swabs and or other cultures as ordered by your doctor.
- * PLEASE tell any medical caregivers you have contact with that you have had MRSA.