

## What Do I Need To Do After Leaving The Hospital?

- Take your medications as prescribed.
- Wash your hands, especially when dressing or cleaning a wound.
- Remind those who live with you to also wash their hands often.
- Keep wounds clean and change bandages as instructed until healed.
- Avoid sharing personal items such as towels or razors.
- Wash your clothes and linens in hot water. Dry your laundry in the warmest temperature recommended on the label.
- Tell your health care providers in the future that you have had a MRSA infection. Your treatment plans in the future may be different once you have had a MRSA infection.

**If you have any questions, please ask your health care providers.**



## Patient Education: **Methicillin-resistant Staphylococcus aureus (MRSA)**

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Information for patients who have been diagnosed with **MRSA**



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## What is MRSA?

*Staphylococcus aureus* (*S. aureus*) or “Staph” is a very common germ found on a person’s skin or in their nose. This germ does not cause any problems for most people, but sometimes it can cause serious infections, such as skin or wound infections, pneumonia, or infections of the blood.

Antibiotics are given to kill Staph germs when they cause infections. Some Staph are resistant, meaning they cannot be killed by some antibiotics.

“Methicillin-resistant *Staphylococcus aureus*” or “MRSA” is a type of Staph that is resistant to some of the antibiotics that are often used to treat Staph infections.

## How is MRSA Treated?

A MRSA infection is treated with antibiotics.

Your doctor will provide you with a treatment plan.



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## What Will Be Different During My Hospital Stay?

For patients with active infections, a “Contact Precautions” sign will be placed outside your room. The sign will remind hospital staff and visitors to clean their hands and to wear gowns and gloves.



## Can I Have Visitors?

Yes, the chance of getting MRSA while visiting a person who has MRSA is very low. People who have been treated with antibiotics or are sick are at most risk.

To decrease the chance of getting MRSA, your family and friends should clean their hands before and after they enter your room and when they leave.

## How Can I Help Reduce the Spread of MRSA?

- The spread of MRSA can be stopped by washing your hands with soap and water or with an alcohol-based hand sanitizer. Make sure that all doctors, nurses and other health care providers clean their hands with soap and water or an alcohol-based hand rub before and after caring for you.
- Ask your visitors and health care providers to follow any contact precautions in place and to wash their hands when leaving the room.
- If you have wounds or an intravascular device make sure that you know how to take care of them. Keep any cut, scrape or wound clean and covered until healed.

