

What is Methicillin-resistant Staphylococcus aureus (MRSA)?

Methicillin-resistant Staphylococcus aureus (MRSA) is a type of bacteria that is resistant to numerous antibiotics that are often used to treat Staph infections. Staph and MRSA can cause a selection of problems including skin infections, sepsis, pneumonia, and bloodstream infections. MRSA infections can become severe and cause sepsis which is a life-threatening reaction to severe infection in the body, when left untreated.

What are the symptoms?

MRSA usually appear as a bump or infected area on the skin including red, swollen, painful, and warm to the touch, full of pus or other drainage, which is accompanied by a fever.

How long does this disease last?

MRSA is contagious if a staph infection is active. Most staph infections can be cured with antibiotics, and infections are no longer contagious about 24 to 48 hours after appropriate antibiotic treatment has started.

How is MRSA spread?

MRSA is commonly spread in the community through contact with infected people or things that are carrying the bacteria such as a contaminated wound or by sharing personal items, including towels or razors, that have touched infected skin.

Who is at risk for MRSA infection?

Everyone is at risk of getting MRSA on their body. People at higher risk for MRSA infection include athletes, daycare and school students, and those who recently received inpatient medical care or have surgery or medical devices inserted in their body. The risk increases with activities or places that involve crowding, skin-to-skin contact, and shared equipment or supplies.

What preventive measures and treatments are available?

You can take these steps to reduce your risk of MRSA infection:

- Wash your hands with soap and water, and body regularly, especially after exercise, or use an alcohol-based hand rub, especially after changing a bandage.
- Cover your wounds with clean, dry bandages until healed.
- Do not pick at or pop the sore.
- Throw away bandages and tape with the regular trash.



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MRSA

- Avoid sharing personal items such as towels, washcloths, razors, and clothing, including uniforms.
- Wash laundry before use by others and clean your hands after touching dirty clothes

What should schools do?

Clusters of two or more laboratory confirmed cases in schools, day care, and sports teams should be reported to the Chicago Department of Public Health as soon as possible.

- Report the infection to the designated staff at your school for decision making. The designated school staff should notify exposed family and staff to watch for symptoms, communicate with health care providers, and parents.
- Encourage good hand hygiene.
- Teach children and staff to cover their mouths and noses when coughing or sneezing and dispose of the facial tissue.

What are recommendations for exclusion?

Individual does not need to be excluded with the following exceptions:

- Exclude if wound drainage cannot be well contained under a dressing
- Exclude from high-risk activities such as contact team sports if wound cannot be completely covered with a secure bandage that will remain intact throughout sport activity, until completely

For more information visit: <https://www.cdc.gov/mrsa/community/index.html>

https://www.cdc.gov/mrsa/pdf/MRSA_ConsumerFactSheet_F.pdf

https://www.emedicinehealth.com/how_long_is_staph_infection_contagious/article_em.htm

