



Hygiene advice to prevent the spread of MRSA

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Key points

- Secretions (“pus” and fluids) from MRSA infections are highly infectious and increase the risk of contaminating surfaces, items and hands with MRSA.
- MRSA is usually spread by direct skin-to-skin contact or contact with shared items or surfaces that have come into contact with someone else's infection.
- MRSA is most commonly spread by hands contaminated with MRSA.

Factors that promote the spread of MRSA (the 5 C's):

- **C**ontact - Frequent skin-to-skin
- **C**ompromised skin (i.e. cuts or abrasions, skin infections)
- **C**ontaminated items and surfaces
- **C**rowding
- **C**leanliness - Lack of

Groups of people where the spread of MRSA is known to occur include: households, schools, dormitories, military barracks, correctional facilities, and daycare centers.

For further information: [Centre for Disease Control & Prevention (USA)]

http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca_prevention.html

How to prevent the spread of MRSA

- Wash hands frequently with soap and warm water, especially before and after contact with a wound or dressing. An alcohol-based hand rub (available from pharmacies) can also be applied to hands that are dry and clean.
- Cover wounds with clean, dry dressings at all times until they are completely healed. Ensure there is no leakage from the dressing. Dispose of used wound dressings promptly into waste containers.
- Maintain good personal hygiene e.g. regular bathing/showering, regular change of clothing
- Do not share personal items that contact the skin e.g. clothing, towels, facecloths, toothbrushes, razors, brushes
- Wash sheets, pillows, towels preferably using a hot wash and detergent. Launder clothing at the highest temperature the material will allow.
- Wash utensils and dishes in the usual manner
- Keep your environment clean:
 - regularly clean surfaces that are frequently touched and surfaces that come into contact with bare skin (e.g. toilets, taps, door handles, telephones) with warm water and detergent
 - vacuum carpet and fabric chairs regularly