



## Information for groups when there is a case of MRSA e.g. sports teams, daycare centres

A case of **methicillin-resistant Staphylococcus aureus (MRSA)** has recently been identified in your group. This MRSA is a specific type of community-associated MRSA (CA-MRSA) and is considered to be of public health significance because of its tendency to spread and cause recurrent infections in healthy people living in the community. A fact sheet and other information on CA-MRSA is also available at the following website:

<http://www.public.health.wa.gov.au/3/896/3/camrsa.pm>

The cooperation of group members and managers to report new skin infections, if they develop, will help efforts to limit these strains in WA and prevent recurrent infections within your group.

**Group/team members should report infections to the person in-charge of their group or manager who should then report to the Communicable Disease Control Directorate CDCD: 9388 4878 and ask for the Healthcare Associated Infection Unit**

### Signs and symptoms of MRSA skin infections

- MRSA mostly cause boils, abscesses, or infected cuts
- Common signs of skin infection include: Redness, swelling, pain, heat and the presence of pus. They often have the initial appearance of an insect bite, which can progress rapidly to become boils and abscesses that frequently require surgical drainage.

### 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):

- Contact - Frequent skin-to-skin
- Compromised skin (i.e. cuts or abrasions, skin infections)
- Contaminated items and surfaces
- Crowding
- Cleanliness - Lack of

Groups of people where the spread of MRSA is known to occur include: households, schools, dormitories, contact sports teams, 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](http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca_prevention.html)

### How to prevent the spread of MRSA

- All wounds, cuts and abrasions on all persons should be covered with an impermeable dressing (i.e. contains leakage)
- Promote and practice good personal hygiene, skin care, frequent handwashing
- Do not share personal items e.g. towels, razors, brushes, uniforms, clothing
- Clean / launder commonly used surfaces and shared items regularly with detergent and water.
- Exclude all persons who have infected wounds from participation in activities involving close skin-to-skin contact, especially if the wound is draining and cannot be adequately covered with a dressing.