

ADDITIONAL INFORMATION

- If you have MRSA, it is important that you let the hospital know prior to admission. This will not necessarily delay or prevent your admission.
- If you are in hospital and are medically fit, having MRSA will not delay your discharge home - either to your own home or to a care home.
- Friends and family are not at risk from MRSA, as it does not normally affect healthy people; to prevent the spread of MRSA, they should wash their hands thoroughly at regular intervals and ensure that all cuts or abrasions on their hands are covered with waterproof dressings. This includes babies, children and pregnant women.
- It is not necessary for visitors or carers to wear gloves if, for example, they are just talking to patients, but hands **MUST** be washed after all contact. In a hospital or a care home, you may be asked to wash your hands or use alcohol hand rub after assisting a patient and on entering and leaving the hospital ward or care home.

CONTACT US

Infection Prevention Team

(for Hospital Queries)

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(Mon to Fri - 08:30 to 16:30)

Infection.prevention@stockport.nhs.uk

Health Protection & Control of Infection Unit

(for Stockport Community Queries)

0161 426 5488

(Mon to Fri - 08:30 to 16:30)

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	Grazed knee. Sore throat. Cough. Stock your medicine cabinet.	Self-care
	Unwell? Unsure? GP surgery closed? Need help?	NHS 111
	Diarrhoea. Runny nose. Painful cough. Headache.	Pharmacy
	Vomiting. Ear pain. Stomach ache. Back ache.	GP surgery
	Choking. Chest pain. Bleeding out. Blood loss.	Stepping Hill Hospital A&E or 999 Emergencies only

If you require the leaflet in large print, another language, an audio tape or braille, Please contact:

Patient and Customer Services

Tel: 0161 419 5678 Email: PCS@stockport.nhs.uk

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MRSA

INFECTION PREVENTION

Patient Information Leaflet

WHAT IS MRSA?

- Staphylococcus aureus is a very common bacterium (germ) that around 30% of the population carry on their skin or in the lining of their nose and throat without knowing it.
- Usually this bacterium is harmless. Sometimes the bacterium can cause skin infections such as boil or abscesses and can infect wounds. These infections are normally mild and are easily treated.
- Some strains of the Staphylococcus aureus bacterium have developed resistance to the more commonly used antibiotics (e.g. Penicillin) and are called MRSA.
- MRSA stands for Methicillin resistance Staphylococcus aureus.
- It is this resistance to certain (not all) antibiotics that makes MRSA different, as it may not be as easy to treat if it does cause an infection.

HOW WILL YOU KNOW IF YOU HAVE IT?

- MRSA is only detected by a laboratory. If you are being admitted to a high risk speciality unit or previously known to have MRSA you will be screened on admission to hospital or at your pre-op clinic appointment.
- A member of hospital staff will collect a sample by taking a swab (using a cotton bud) from inside your nose, from any device (catheter) and from any wounds or skin breeches you may have.

WHAT HAPPENS IF I AM FOUND TO BE POSITIVE?

You will be prescribed the appropriate medication to treat your skin and nose for five days which are:

- Hibiscrub® body wash
- Naseptin® nasal cream or Mupirocin nasal ointment

HOW TO USE HIBISC RUB® BODY WASH

- Use once daily
- Wet your body in the shower or bath
- Apply Hibiscrub® solution to a wash cloth or sponge and rub all over the body. Wait for one minute before washing off. (Alternatively if you don't want to wait for one minute, wash the whole body twice with the solution.)
- Use Hibiscrub® solution to wash the hair twice in the five day period on day one and day four.
- You may use conditioner on the hair after treatment with Hibiscrub® and may wash the hair with normal shampoo on the days when not treating the hair.

Please note if you have used hair dye please ensure that you have washed your hair with normal shampoo at least once before using Hibiscrub®. Please also note that Hibiscrub® may also dull the colour of the hair dye.

HOW TO USE NASAL CREAM

- Unscrew the cap and squeeze a small amount of cream, about the size of a match-head onto your little finger.
- Apply cream to the inside of one nostril.
- Repeat for the other nostril.
- Close your nostrils by pressing the sides of the nose together for a moment. This will spread the cream inside each nostril.
- Wash your hands and replace the cap on the tube.

If you are applying the cream to another person, use a cotton bud instead of your finger.

If using Naseptin® this should be applied four times daily.

If using Mupirocin this should be applied three times daily.

HOW CAN YOU PREVENT THE SPREAD OF MRSA?

MRSA can be spread by hands so hand washing is the most important way to stop spreading it.

It is particularly important that carers and healthcare workers wash and dry their hands thoroughly between caring for people.

Always wash hands:

- Between caring for clients/ patients
- After using the toilet
- Before eating/ preparing food
- After handling soiled linen/ bedding/ nappies
- After touching animals
- When hands appear dirty
- After coughing or sneezing into hands or tissues/ hankies.

Healthcare workers may use an alcohol hand rub/ sanitiser to assist in ensuring that their hands are properly clean.

No special cleaning methods or products are required though good general cleanliness is important in helping prevent the spread of infection generally.

Clothing and bedding do not generally need to be washed separately or differently.

SHOULD I STAY AWAY FROM WORK OR SCHOOL?

NO - but all infected cuts or wounds should be covered with a waterproof dressing.

More Information Overleaf...