

MRSA DECONTAMINATION EDUCATION SHEET

*Methicillin-resistant Staphylococcus aureus (MRSA) infection is caused by a type of staph bacteria that's become resistant to many of the antibiotics used to treat ordinary staph infections. One type of MRSA infection occurs in the wider community — among healthy people. This form, community-associated MRSA (CA-MRSA), often begins as a painful skin boil. **It's spread by skin-to-skin contact.***

1. Apply **Bactroban ointment** (*prescription*) to both nostrils twice a day for 7 days. Use a clean applicator (Q-tip) each time ointment is used.
 - **NOTE:** Do not use the same end of the Q-tip to touch the tube if it has already been applied to the nose.
2. Wash entire body, including hair with **Chlorhexidine** or **Hibiclens** (*prescription*).
 - Step 1: Wash twice a day for 7 days
 - Step 2: Wash once a day for 7 days
 - Step 3: Wash every other day for 14 days
 - **NOTE:** If too drying to skin, wash every other day for 28 days.
 - **DO NOT USE ON THE FACE**
3. Take **Bactrim/Septra DS** (*prescription*) as prescribed by our office.
4. In the middle of treatment, throw out all lotions/creams in the home and replace them with new containers/products.
 - Replace make-up and applicators, too.
 - Use liquid pour/pump soaps not bar soap.
 - Wash hands frequently and/or use an alcohol waterless hand wash (buy brands with equal or greater than 60% alcohol.)
 - Do not share razors, brushes, or any other personal hygiene items.
 - Avoid straight razors if shaving is required Use an electric razor and clean daily,
5. In the middle and at the end of this treatment (*and from now on*) wash all sheets and towels in hot water and rinse
 - Use towels and wash cloths once and do not share them during the one use. Wash them as directed above,
 - Plastic mattress covers are also helpful to use and need to be wiped and dried with every linen change.
6. After you have completed the oral antibiotics and nasal ointment, you will need to come into our office for a **nasal swab**. This will determine if you are no longer a carrier of MRSA.
 - If this swab is negative you will need to come in again (after 48 hours) for a second swab.
 - If any of the swabs are positive, then we will likely need to start the treatment over.

Please call our office with any questions or concerns you may have (314-434-1211).