

You must follow the instructions given by the healthcare professional on how to use it.

Will it affect my family and friends?



MRSA is not normally a problem for healthy people, including family members or visitors. MRSA can not usually harm pregnant women, children or babies providing they are fit and well. However, it is important to always maintain good hygiene practice, particularly hand cleaning.

How is MRSA treated?

Treatment for MRSA is not always needed.

If MRSA is causing an infection and you are unwell, you will be given antibiotics that work against MRSA and skin decolonisation treatment (body wash and nasal ointment). It is very important that you take the full course of antibiotics prescribed.

If you need more information, speak to your healthcare professional or contact:

Infection Prevention and Control Team
on **0113 843 4511**

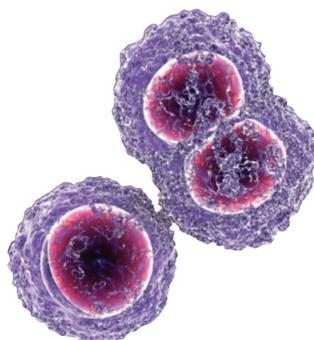
Monday to Friday 8.30am to 5pm

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages on request.



Working together for a safer healthcare environment

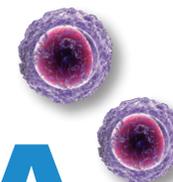
Leaflet produced by the Infection Prevention and Control Team at Leeds Community Healthcare NHS Trust.

www.leedscommunityhealthcare.nhs.uk

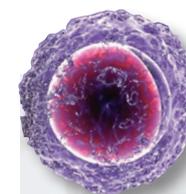
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NHS

**Leeds Community
Healthcare**
NHS Trust



MRSA



Patient information

What you need to know about MRSA

All health care providers in Leeds are committed to reducing MRSA infection. This leaflet contains information about MRSA and the steps people can take to protect themselves.

What is MRSA?

MRSA stands for Meticillin resistant *Staphylococcus aureus* which is a type of bacteria (germ). It means the bacteria

Staphylococcus aureus has become resistant to Meticillin; a type of antibiotic.

MRSA, like all germs, can live harmlessly on your body but if they get in the wrong place such as a cut or wound, they may cause infection. It can also live in dust for short periods.

We treat some infections with antibiotics, however, in some cases MRSA may be difficult to treat as not all antibiotics work properly against it.



Who can get MRSA?

Anyone can have MRSA, it does not normally cause harm to healthy people and is usually carried on the skin.

When you are ill your body defences can be weakened and this can make it easier for MRSA to cause infection.

How is it spread?

MRSA can be spread easily by hands and by equipment that a person with MRSA has used if it has not been effectively cleaned.



How can we prevent the spread of MRSA?

It is everyone's responsibility to take these simple steps:

- Careful hand cleaning by healthcare staff and patients.
- Cleaning of equipment used by healthcare staff which is used by other patients.
- Effective use of skin decolonisation treatment.
- Try not to touch wounds, drips, catheters and other tubes.

If you are in hospital and have MRSA, your bed may be moved to a single room. It is important that all visitors clean their hands with either liquid soap and water or hand sanitiser before and after visiting.

How will I know if I have MRSA?

People who carry MRSA do not always know and do not look or feel any different. You may have swabs taken if a healthcare professional thinks you have an infection or if you are going into hospital. The swabs are usually taken from your nose, groin and armpit and from any wounds or open areas on your skin.

If you are found to have MRSA on your skin, you may be prescribed a nasal ointment and body wash treatment called decolonisation treatment.

