

CA-MRSA

What do these letters mean?

CA-MRSA is a bacteria that lives on your skin, in your mouth and in your nose.
CA-MRSA stands for Community Acquired Methicillin-Resistant Staphylococcus Aureus.

The bacteria is hard to get rid of

Regular antibiotics cannot get rid of CA-MRSA. Special treatment is needed.

How do you get it?

The bacteria gets into your body through breaks in your skin like cuts or scratches. Some people who live in the community can get it and it can spread to other people, especially when people live in the same house and they have a sore or a boil.

People can get it from –

- Touching each other and passing the bacteria from one person to another
- Using each other's towels which has the bacteria on it
- From touching the other person's infected sore
- Flies

Common infections caused by golden staph include:

- boils and abscesses – infections of the skin
- impetigo (school sores) – a highly contagious, crusty skin infection that may affect newborn babies and schoolchildren.

More serious infections include:

- meningitis – infection of the membranes lining the brain
- osteomyelitis – infection of the bone and bone marrow
- pneumonia – infection of one or both lungs
- septic phlebitis – infection of a vein
- endocarditis – infection of the heart valves.

Prevention

- WASH YOUR HANDS AND SKIN WITH SOAP!
- Cover your sores with bandages

At the Clinic

Go to the Clinic if you have a sore which is red, swollen, painful, hot and has pus. Even if the sore looks very small.

When the sore gets bad you can start to feel sick and get a fever.

A swab of your sore will be taken to see if you have CA-MRSA.

Medicine

CA-MRSA infection can be hard to get rid of. You will need special antibiotics and skin treatment.

It is very important to take the whole course of antibiotics.

IMPORTANT INFORMATION TO KNOW

You cannot get the bacteria from the air you breathe.

10 DAY TREATMENT

1. Do the following steps before starting the treatment

- Buy a new toothbrush and razor and throw away the old ones
- Wash all your bed linen and towels
- Thoroughly clean your house
- Wash your hair brush with soap and hot water
- Remove your body piercings for the time of doing the treatment.

2. Nasal ointment - mupirocin 2% (Bactroban)

Put ointment inside both nostrils, 2 times a day, for 10 days i.e. at breakfast time and in the evening before you go to bed.

- Put ointment the size of a double match head onto a cotton bud and put inside one nostril and wipe it onto the inside area of your nostril
- Get a new cotton bud and put the same amount of ointment to the inside surface of the other nostril
- Pinch and wiggle your nose, to spread the ointment around the inside of your nostrils

3. Antibacterial body wash 1% (Triclosan or Chlorhexidine)

Wash your body with Triclosan or Chlorhexidine, (not soap), once a day for 10 days, then change into clean clothes after you have showered.

- Cover your whole body and leave the Triclosan or Chlorhexidine on for 1 minute before rinsing off
- Make sure you thoroughly wash your armpits, groin and bottom.
- Wash your hair every 3 days with Triclosan or Chlorhexidine body wash and rinse off (day 1, 4, 7 and 10 days).

4. Clean Dentures - (Steradent and Polident)

- Remove dentures before going to bed, clean them thoroughly and soak overnight in either Steradent or Polident.

5. Clean your house area often

- Clean dust from all bench tops, vacuum floors and fabric chairs
- Clean the tops with detergent and hot water (especially tops that are touched often)
- Clean bedroom and bathroom on days 2, 6 and 10.

6. Washing Machine

- Wash your clothes, bed linen and towels with laundry detergent and hot water on days 2, 4, 7 and 10.



BRAMS provides the ointment and body wash

BRAMS phone: 91 921 338

Ask to speak to an Aboriginal Health Worker or Nurse if you need further advice