

The hand
disinfection takes
30 seconds.

Put the disinfection liquid
into the palm of your hand
(roughly 3 - 5 ml = 2 - 3
sprays) and rub your
hands together until hands
are dry.

**Make sure you generously
treat your fingertips,
the thumb, palms and in
between your fingers.**



The MRE-Netz Rhein-Main e.V. is a
registered society of health depart-
ments, hospitals and other players in
the public health sector of the Rhein
Main region.

You can receive further information

- From our hospital staff
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Information
for patients, family
members & friends



MRSA
Methicillin Resistant
Staphylococcus aureus



MRSA

Methicillin Resistant Staphylococcus aureus

About MRSA:

Everybody has a variety of germs/bacteria on their skin. About half the healthy adult population carry a bacteria called Staphylococcus aureus. This germ is usually harmless. In some instances this bacteria becomes resistant to commonly used antibiotics (meaning these antibiotics don't work any more). And these resistant bacteria are known as methicillin-resistant Staphylococcus aureus, **MRSA**.

How serious is MRSA?

Outside of the hospital, MRSA is not usually a problem for healthy people. However, **in hospitals** and healthcare facilities the risk of bacteria spread and infection is higher. In hospitals, MRSA is usually spread to a person through contact with the hands.

MRSA can cause infections if it gets into the body through broken skin, especially in patients in hospitals after they have had an operation and have a surgical wound. These infections with MRSA can only be treated with special types of antibiotics.

How are MRSA infections treated?

If you or someone in your family experiences signs and symptoms of an MRSA infection, please contact your healthcare professional. He will start the right treatment options to combat the illness.

If you carry the MRSA germs on your body without any symptoms, measures are recommended to remove the bacteria from your skin. Most important is to wash your hands often and keep the environment clean. Use soap and disinfectants – no antibiotics!

What you need to know if you caught the MRSA germ:

In the hospital:

- Your doctor will arrange quarantine and you will only be allowed to leave your room with the permission of hospital staff.
- Visitors will be required to follow strict hygiene requirements. Details will be provided by hospital staff.
- Health care professionals will wear protective clothing (surgical gowns, face masks, gloves and surgical caps) to avoid further spread of the infection within the hospital.
- **Hand disinfection is particularly important: Everyone (patients, visitors and hospital staff) is required to disinfect their hands before leaving the patients room.**

Outside the hospital:

- The risk of spreading MRSA germs outside the hospital is low, there is no need to change your normal course of life.
- Let your healthcare professional (doctor or nurse) know that you carry MRSA germs.
- Avoid body contact to people with open wounds or tumours and always cover open wounds on your body properly.

How is MRSA spread?

MRSA usually are carried on the skin or nose (without any symptoms) or in wounds are usually spread with the hands. Small amounts of MRSA bacteria can also be found in the patients environment. It is not normally spread through the air.

In some cases, MRSA can also be spread by sneezing and coughing from infected patients, if MRSA has been found in nose or throat of the patient.

What is the aim and how can it be reached?

It is most important to avoid the spreading of MRSA bacteria to other people.

The most effective method to prevent spreading is to practice correct hand hygiene.