

MRSA Decolonization Instruction Sheet

*****Efforts will be made in the coming months to create a handout that is less medical and designed to be given directly to families. This handout will also be translated into Spanish. Until that document is created, we will provide this information to physicians to be a part of their counseling on MRSA Decolonization.**

MRSA stands for methicillin-resistant *Staphylococcus aureus*. It is the bacteria that can cause staph infections, but it cannot be killed by many common antibiotics sometimes making it harder to treat.

The bacteria are widespread on the skin and in the nose. MRSA can cause infections of the skin, heart, blood, and bones. The bacteria can spread quickly in the body and cause serious problems. MRSA can also be spread from person to person.

Sometimes it is possible to get rid of this bacteria on the skin by doing these things:

1. Apply mupirocin ointment just inside both nostrils 2 times a day for 7 days using a clean Q-tip. Do not touch the dirty Q-tip to the Mupirocin tube.
2. Hibiclens 4% (chlorhexidine) bath daily for 7 days applied to the entire body but avoiding the face.
3. Every family member should start this regimen at the same time.
4. Avoid touching the nose, mouth and face.
5. Wash hands frequently with soap and water or alcohol based hand sanitizer.
6. Use liquid soap or pour soaps instead of bar soap or jar containers.
7. Keep fingernails trimmed and clean.
8. Wash towels and washcloths in hot water after each use.
9. Wash bedding in hot water once a week.
10. Change underwear daily.
11. Do not share personal items such as deodorant, razors, brushes, towels or washcloths or other items that come in direct contact with the skin.
12. If antibiotics are prescribed please take every day as directed.
13. Change to laundry detergent, soap and lotions without perfume or dye to help prevent dry skin or breakdown of the skin.

Maintenance Decolonization: (if recurrent infections)

1. Bleach baths using $\frac{1}{4}$ cap bleach to $\frac{1}{4}$ tub of water for 15 minutes twice a week for 1 to 3 months.
2. Apply mupirocin ointment just inside both nostrils 5 days every month using a clean Q-tip for 6 months.
3. Avoid touching the nose, mouth and face.
4. Wash hands frequently with soap and water or alcohol based hand sanitizer.
5. Use liquid soap or pour soaps instead of bar soap or jar containers.
6. Keep fingernails trimmed and clean.
7. Wash towels and wash cloths in hot water after each use.
8. Wash bedding in hot water once a week.
9. Change underwear daily.
10. Do not share personal items such as deodorant, razors, brushes, towels or washcloths or other items that come in direct contact with the skin.
11. If antibiotics are prescribed, please take every day as directed.
12. Change to laundry detergent, soap and lotions without perfume or dye to help prevent dry skin or breakdown of the skin.