

## Steps for Washing Your Hands

Step 1: Turn the tap on.

Step 2: Wet your hands.

Step 3: Put soap on your hands.

Step 4: Lather your hands. Don't forget to scrub the back of your hands, between fingers, palms and fingernails (15-30 seconds of scrubbing).

Step 5: Rinse the soap off of your hands.

Step 6: Pat dry both hands with paper towel

Step 7: Turn the tap off with paper towel and throw the towel in the garbage.

### OR Use an Alcohol Based Hand Rub

Step 1: Apply 1 full pump (quarter size) onto hands.

Step 2: Rub hands together, spreading ABHR on all areas of the hands including nails, palms, back of hands, and between fingers.

Step 3: Continue rubbing until hands until they are dry; 15-30 seconds.



This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask your physician, local health unit or health care professional.

This information was obtained from the following source:

Provincial Infectious Disease Advisory Committee (2013). *Screening, testing and surveillance for antibiotic-resistant organisms (AROs)*.

[https://www.publichealthontario.ca/en/eRepository/PIDAC-IPC\\_Annex\\_A\\_Screening\\_Testing\\_Surveillance\\_AROs\\_2013.pdf](https://www.publichealthontario.ca/en/eRepository/PIDAC-IPC_Annex_A_Screening_Testing_Surveillance_AROs_2013.pdf)

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## Methicillin Resistant Staphylococcus aureus (MRSA)



### Patient/Visitor Information

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# Methicillin Resistant *Staphylococcus aureus* (MRSA)

## What is MRSA?

*Staphylococcus aureus* is a germ that lives on human skin, it can also live in the nose and rectal area. This germ can change and become resistant to an anti-biotic called methicillin. When this happens, the germ is called methicillin resistant *staphylococcus aureus*. The short form is MRSA.

## What does colonization with MRSA mean?

A test has shown that the germ, MRSA, is living on your body. At this time it is not making you ill, but you may develop an infection later.

## What does an infection with MRSA mean?

It means the MRSA germs growing on your body are causing signs of infection like fever, swelling, redness and pus. The infection may make you feel unwell.

# What Happens Now?

## A. Additional Precautions

will be used to prevent the spread to others

- You will be in a private room
- You may leave your room if you can perform hand hygiene
- Staff caring for you will wear gowns and gloves
- If you go to another part of the hospital, the same precautions will be used
- Precautions will continue until the MRSA is no longer present

## B. Testing

Swabs will be taken to show:

- Where MRSA is growing
- If MRSA is still growing

## Can I still have visitors?

Yes, but they will have to take precautions when visiting and helping to care for you. They will be asked to wear a gown and gloves. They must wash their hands with soap and water, or Alcohol-Based Hand Rub before leaving the room. Visitors must not eat or drink in your room.

# What Happens When I Go Home?

- Everyone who might help you with your personal hygiene or with going to the toilet should wash their hands after contact with you.
- Wash your hands before you make any food and before you eat. This practice should be followed by everyone in the household.
- Wash your hands well after using the toilet. Make sure others that use the bathroom wash their hands well afterwards.
- Clothing may be laundered in the usual manner, and along with, the rest of the household laundry.
- No special cleaning of furniture or items (e.g. dishes) in the home is required.
- If you share a bathroom at home, clean the toilet and sink at least weekly with a household cleanser.
- Always tell your physician or other care providers that you have ESBL.

