

**Daily routine to prevent recurrences and decrease risk of colonization in the hospital and community**

**1. Wash hands** regularly throughout the day with soap and warm water or use an **alcohol-based hand sanitizer. Dry hands with disposable hand towels.** Keep fingernails cut short.

**2. Do not share personal items** such as soap, towels, washcloths, razors, clothing, uniforms or athletic gear. Wash soiled laundry with HOT soapy bleach water and dry in HOT dryer.

**3. Notify your Medical Care Provider** if you notice boils or other tender red lumps that swell and get pimple-like white heads. MRSA infections may also look like spider bites or ingrown hairs, and may be painful out of proportion to skin condition.

**4. Weekly clean surface areas in the home** that ALL household members and patient frequently touch, sit, or lie on with Lysol Antibacterial Spray (less damage to cloth than use of bleach). **Don't forget the doorknobs and car seats!**

**5. Tell any healthcare providers** who treat you that you have or had a staph or MRSA skin infection.

**Is it possible to have a staphylococcus aureus or MRSA skin infection come back after it is cured?**

Yes, it is possible to have a *Staphylococcus aureus* or MRSA skin infection come back (recur) after it is cured. To prevent this from happening, follow your healthcare provider's directions while you have the infection, and follow the Daily routine steps listed here after the infection is gone.

The information provided is from the CDC.gov website, CA-MRSA Information for the Public.  
[http://www.cdc.gov/ncidod/hip/ARESIST/ca\\_mrsa.htm](http://www.cdc.gov/ncidod/hip/ARESIST/ca_mrsa.htm)



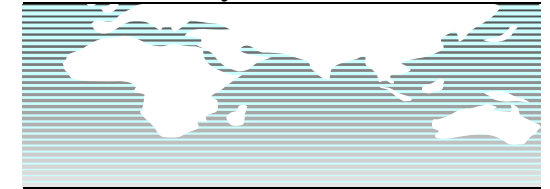
Fauquier Health System  
500 Hospital Drive  
Warrenton, Virginia 20186-  
Phone (123) 456-7890  
[www.fauquierhospital.org](http://www.fauquierhospital.org)

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**COMMUNITY ACQUIRED  
METHICILLIN-RESISTANT  
STAPHYLOCOCCOUS  
AUREUS (CA-MRSA)**

**Fauquier MRSA Protocol for  
Patients, Family and Caregivers  
DECOLONIZATION PROTOCOL**

**To prevent recurrences & decrease  
risk of colonization in the hospital  
and community**



Hand Hygiene is considered the most important single practice for preventing the spread of infection.

Fauquier Health System  
Infection Control Department  
(Modified Sept 20, 2007)

## Community-Associated MRSA (CA-MRSA)

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- *Staphylococcus aureus* and MRSA can also cause illness in persons outside of hospitals and healthcare facilities.
  - CA- MRSA infections are acquired by persons who have not been hospitalized nor had a medical procedure (such as dialysis, surgery, catheters) in the last year.
  - They are usually seen as skin infections, such as pimple-like white heads, small red bumps that look like a spider bite or ingrown hair and boils in moist areas body areas of neck, armpits, groin, or buttock in otherwise healthy people. MRSA left untreated may cause a host of medical problems which may result in amputation, infected body parts, or even death.
  - Factors associated with spread of MRSA skin infections include: close skin-to-skin contact, openings in the skin such as cuts or abrasions, contaminated items and surfaces, crowded living conditions, and poor hygiene.
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## Active Infection Care

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- Treat with antibiotics based on cultures and sensitivities per protocol.
- Abscesses treated with Incision & Drainage
- Clean wound and change dressings with bandages several times a day
- Patient and caretakers to **wash their hands** with warm water and soap after every dressing change or contact with infected site.

## Bath Soaks for All Household Members

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- **Extra care** in cleaning all hair-bearing areas (scalp, armpits, groin)
- Clorox baths 1 tsp per gallon water for at least 15 minutes three times a week for 30 days
- **AND/OR** Hibiclens (OTC) whole body washes daily for 30 days
- **OR** PhisoHex (Rx) whole body washes daily for 30 days
- **OR** Daily use of Sage (2% Chlorhexidine impregnated wash cloths) Bath Cloths after taking a shower for 2 weeks.

*Be aware that Hibiclens and PhisoHex are drying to the skin.*

- Soap product use: (Hibiclens, PhisoHex, etc), apply the soap and lather all areas of your body from head (include hair) to toes (do not

put in eyes or ears just like you normally wouldn't put soap in these places).

- After wetting your skin, turn the water in the shower off and let the soap lather sit on your skin for one minute before rinsing it off.
- Go swimming daily in chlorinated swimming pools or ocean-water for 30 days. Do not get in whirlpool or common tub.

## Bactroban Treatment

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Bactroban to nares and infected site every 8 hours for 14 days. When using Bactroban ointment put a small amount on the end of a Q-tip and place just on the front, inside hairy part of both nostrils.

## Household Cleaning

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- ALL clothing and bedding used in household is washed in **HOT** soapy bleach water weekly or more often if needed for 30 days.
- Dry items in hot dryer. **Do NOT air dry.**
- Do not use bath towels more than once. Clothes worn and hung up in the closet should be washed and if unable to machine-wash, then dry-clean.
- Clean surfaces with disinfectant Lysol Antibacterial Spray. This product should not damage cloth the way bleach does. Don't forget the doorknobs and car seats!