



MRSA (Staph infection) Methicillin-Resistant Staphylococcus Aureus

MRSA stands for methicillin-resistant *Staphylococcus aureus*. It causes a staph infection (pronounced "staff infection") that is resistant to several common antibiotics. There are two types of infection. Hospital-associated MRSA happens to people in healthcare settings. Community-associated MRSA happens to people who have close skin-to-skin contact with others, such as athletes involved in football and wrestling.

Infection control is key to stopping MRSA in hospitals. To prevent community-associated MRSA:

- Practice good hygiene
- Keep cuts and scrapes clean and covered with a bandage until healed
- Avoid contact with other people's wounds or bandages
- Avoid sharing personal items, such as towels, washcloths, razors, or clothes
- Wash soiled sheets, towels and clothes in hot water with bleach and dry in a hot dryer

If a wound appears to be infected, see a healthcare provider. Treatment may include draining the infection and antibiotics.

Source: NIH: National Institute of Allergy and Infectious Diseases

Websites

<http://www.cdc.gov/mrsa/index.html>

CDC: Methicillin-resistant Staphylococcus Aureus (MRSA) Infections

<http://www.cdc.gov/mrsa/prevent/healthcare/precautions.html>

CDC: Precautions to Prevent the Spread of MRSA in Healthcare Settings

http://kidshealth.org/teen/infections/bacterial_viral/mrsa.html

KidsHealth: MRSA

<http://www.mayoclinic.com/health/mrsa/DS00735>

Mayo Clinic: MRSA infection

<http://www.nlm.nih.gov/medlineplus/mrsa.html>

Medline Plus: MRSA

<http://www.mrsasurvivors.org/>

MRSA Survivors Network (MSN)

P.O. Box 241

Hinsdale, IL 60522

Phone (630) 325-4354

info@mrsasurvivors.org

MSN provides information and advocacy on MRSA.

<http://www.niaid.nih.gov/topics/antimicrobialresistance/examples/mrsa/pages/default.aspx>

National Institute of Allergy and Infectious Diseases: Methicillin-Resistant *Staphylococcus aureus* (MRSA)

http://www.dshs.state.tx.us/idcu/health/antibiotic_resistance/mrsa/

Texas State Department of State Health Services: Methicillin Resistant *Staphylococcus aureus* (MRSA)

<http://www.webmd.com/skin-problems-and-treatments/understanding-mrsa-methicillin-resistant-staphylococcus-aureus>

WebMD: Understanding MRSA Infections

Internet Forums

<http://sci.rutgers.edu/>

CareCure Community

To find threads that discuss MRSA, enter “MRSA” in the search box at the top right of the screen and make sure “CareCure Forums” is selected.

The following books and videos are available for free loan from the PRC library. For more information, please see www.paralysis.org and click *Borrow from Our Lending Library* under PRC Quick Links.

Books

- McKenna, Maryn. **Superbug: The Fatal Menace of MRSA**. New York: Free Press, 2010.
- Sheen, Barbara. **MRSA** (Diseases & Disorders series). Farmington Hills, Mi: Lucent Books, 2010.
An educational book for young people.

Videos

- **The Facts About MRSA.** Princeton, NJ: Films for the Humanities and Sciences, 2004. DVD and VHS. (29 minutes)
- **MRSA: Methicillin Resistant Staphylococcus Aureus: Unseen Enemies – A Close-Up Look at the World’s Deadliest Diseases.** Princeton, NJ: Films for the Humanities and Sciences, 2006. DVD and VHS. (25 minutes)
- **Super Staph: Invincible Bacteria?** Princeton, NJ. Films for the Humanities and Sciences, 2006. DVD.
- **Understanding MRSA—Super Staph Infections.** Information Television Network, 2006. DVD.

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