

Introduction

Methicillin Resistant Staphylococcus aureus (MRSA) initially was resistant to an antibiotic methicillin a form of penicillin. This form a Staphylococcus aureus (S. aureus) now appears to be resistant to many other antibiotics, it is often referred to as “multi-resistant” S. aureus. It should be noted MRSA is not the only antibiotic resistant bacteria.

Background

Initially, an infection with MRSA was associated with exposure to health care industry. However, other MRSA strains have evolved that affect previously healthy individuals who have not had contact with health-care facilities.

MRSA can only be diagnosed through laboratory testing.

Transmission

Contact with an infected individual. Contact with items that have been physical exposed with an infected person, examples: sports equipment and laundry. These items can be cleaned and sanitized to reduce the chance of exposure to others.

Prevention:

A. Hand washing is the single best step to preventing the infection.

The process:

1. Soap and water
2. Vigorous washing of the hands for 20 seconds
3. Rinse with fresh water
4. Turn the water valve off with a paper towel

B. Trim finger nails to allow ease of cleaning.