

Hand disinfection in 30 seconds



Rub in a handful of hand disinfectant
(3 – 5 ml = 2 – 3 dispensers) until dry.



Wet your entire hand with the disinfectant
for at least 30 seconds.



Particularly important: fingertips and thumbtips,
palms and spaces between the fingers.

Contact person / presented by:

The **mre-netz regio rhein-ahr** is a network set up by the health authorities to prevent and control multi-resistant pathogens (MRE). The coordination and advice center is located at the University Hospital Bonn.

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MRSA

Methicillin-resistant Staphylococcus aureus

Information for patients
and relatives

Methicillin-Resistenter Staphylococcus aureus

What does MRSA mean?

The bacterium *Staphylococcus aureus* is a common commensal on healthy people's skin. If this bacteria becomes resistant to certain antibiotics, then it is called MRSA: methicillin-resistant *Staphylococcus aureus*.

When does it become dangerous?

In general, healthy, non-hospitalised people are not affected by MRSA. The risk of infection and illness is increased in hospitals. Particularly affected are those with weakened immune systems and seriously ill patients. MRSA can become dangerous, if it travels from the surface of the skin into your body and causing infections. Treatment for this disease is difficult, because certain antibiotics are no longer effective.

When should treatment be given?

If you have an MRSA infection, your doctor will choose the appropriate treatment with effective antibiotics. Wounds can also be treated with antiseptic skin treatment. In the case of MRSA colonisation, the bacteria are present on the skin or in the mouth and nose area, without causing signs of illness. In this situation you can take measures to remove the bacteria, e.g. with disinfectant bathing. You can find out more about MRSA decolonisation in other patient flyers.

As an MRSA patient you have to be prepared for the following

In hospital

- » You will be allocated to a single room and will only be able to leave the room with staff permission.
- » Visitors must take special hygiene measures according to strict hospital guidance.
- » Staff will aim to prevent transmission to other people during your treatment via protective clothing (gown, gloves and possibly mouth and nose protection and head cover).

Hand disinfection is particularly important:

Everyone (patients, visitors and staff) must disinfect their hands before leaving the patients' rooms!
(As described in the blurb.)

Private sector

- » There is a very low risk of transmission outside the hospital.
- » Wash your hands frequently and follow personal hygiene guidelines.
- » Inform any other doctors and carers you are in contact with you, if you are colonised with or infected by MRSA.
- » Avoid physical contact with people with open wounds and cancer.

As an MRSA patient you have to be prepared for the following

In care facilities

- » Here there are significantly fewer protective measures required than in hospital.
- » It makes sense, for example, to change linen frequently and to regularly disinfect your own hands and advise visitors to do the same.
- » Single rooms are only required in exceptional cases.

How is MRSA transmitted?

MRSA is found especially in the nose, on the skin, in open wounds and possibly in body excretions. MRSA can also appear within direct vicinity of the patient. From there, MRSA is mostly transmitted to other people via their hands. Other possible transmission routes include sneezing and coughing, if MRSA is present in the nose and throat.

What is our objective and how do we achieved it?

Our primary goal is to stop MRSA spreading to other patients. The most important and simplest measure is to practice correct hand hygiene.



With the kind support of the MRE Network Rhein-Main