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# Bee well pediatrics

# METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS (MRSA)

Staph Aureus is a common bacteria found on skin and mucous membranes. It often lives in the nose and can often be present in all family members, even if they do not have symptoms of infection.

## **What is MRSA?**

A resistant bacteria is one that cannot be killed by some antibiotics. MRSA is a type or strain of Staph Aureus that is resistant to antibiotics in the Penicillin family, one of which is Methicillin.

## **How does MRSA affect people?**

People either become infected (have symptoms like skin infections) or colonized (no symptoms) with MRSA.

## **How is MRSA spread?**

MRSA passes from one person to another by direct contact with affected areas. Good hand washing or use of antimicrobial soaps, gels or hand sanitizers will help prevent the spread of the bacteria from one person to another.

## **What can I do?**

If one or more family member has had recurrent skin infections, your family may be colonized with Staph Aureus, and about half of the time now this is MRSA. Treatment includes involving the whole family – even if they have no symptoms.

## **Cleaning your skin:**

Pick a day, and at about the same time, all family members should wash with PhisoHex soap. Lather your entire body, then rinse off thoroughly. Repeat this again a week later. Alternative: Bleach Baths – Add one eighth (1/8) cup of Clorox bleach to one and one half (1 ½) feet of warm water in a bathtub. Soak for 20 minutes. Rinse all the skin with the bleach water using a paper cup. Throw the cup away after using. Take a regular shower after doing the bleach bath. Blot skin dry with a towel. Use a fresh towel after each bath. You may want to use a white or old towel so that the bleach does not ruin it. Do this three times in one week.

**Cleaning your sheets and towels:**

On the same day that you start cleaning your skin, all of your sheets and towels should be washed to help get rid of the bacteria. You should continue to wash your sheets and towels daily for one week.

**Getting rid of the bacteria in your nose:**

Apply Mupirocin Ointment (Bactroban – you will need a prescription from your doctor for this) to the nostrils (inside the nose) of all family members three times a day for one week.

If the skin infections occur again after doing all of the above, please contact the clinic.