

What are the important points to remember when leaving the healthcare setting?

In general, healthy individuals, including children and pregnant women, do not need to worry about the presence of this bacterium.

- ◆ You and your close contacts should practice good hand hygiene frequently throughout the day, especially after using the toilet, before preparing or eating food, and after sneezing or blowing your nose.
- ◆ Take regular baths or showers and use your own towel.
- ◆ Weekly cleaning and disinfection of the toilet, bathtub, and shower are recommended.
- ◆ No precautions are necessary for dishwashing. Changing your bedding weekly is recommended.
- ◆ Inform your doctor or nurse that you are a carrier of MRSA when you visit :
 - a hospital;
 - a local community service centre (CLSC);
 - a doctor's office;
 - a medical clinic.

Infection Prevention and Control Service
Service de prévention et contrôle des infections
Direction générale adjointe
Santé physique générale et spécialisée,
de l'enseignement et de la recherche

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Centre intégré
de santé
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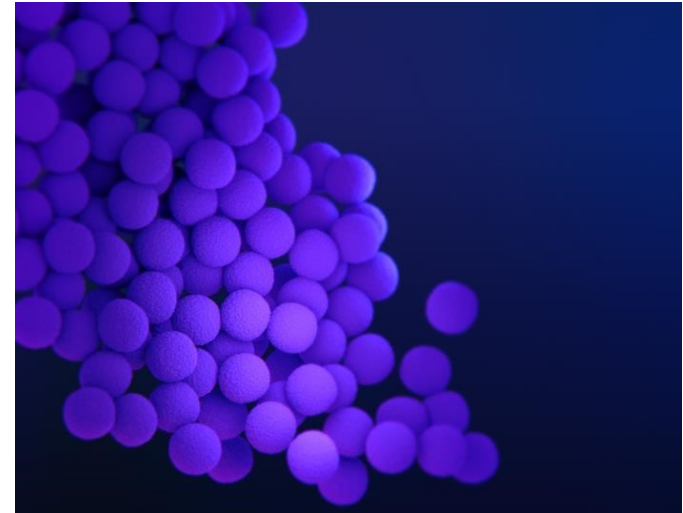
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Methicillin-Resistant Staphylococcus aureus (MRSA)



Information for patients, residents and their loved ones



Québec 

The results of a laboratory test show that you are a carrier of a bacteria called Methicillin-Resistant Staphylococcus aureus (MRSA)

What is MRSA?

Methicillin-Resistant Staphylococcus aureus is a bacteria that has become resistant to several antibiotics and is commonly found on the skin and in nasal passages. This bacteria is present intermittently or permanently in 20 to 40 % of the population. Generally, it does not cause illness, but in some cases it can enter a person's body through an entry point such as a wound or a urinary catheter and cause an infection.

How is this bacteria transmitted?

MRSA is transmitted from a carrier to a non-carrier through close proximity, contaminated equipment, or improperly cleaned hands.

The presence of MRSA is identified through laboratory testing, either by sampling during an infection (e.g., urine, wound, etc.) or through nasal or groin screening.

What is the difference between colonization and infection?

Colonization occurs when the bacteria are present without signs or symptoms of illness.

Infection occurs when the bacteria bypass a person's defence system and cause illness (redness, pain, fever, discharge, etc.) that requires treatment with antibiotics.

How long will I be a carrier of this bacteria?

The duration of colonization varies, often depending on your overall health or the presence of entry points such as wounds or catheters. The carrier's condition will be reassessed during each hospitalization by the Infection Prevention and Control Service.

What does this mean for me?

During your stay in a healthcare facility, certain measures will be taken to protect others, including :

- ◆ A sign indicating "Contact Precautions" will be posted on the door to your room (in a hospital).
 - Staff and visitors will take necessary precautions when entering your room. Wearing gloves and protective gowns will be mandatory in a hospital or based on the risk level in other healthcare settings.
- ◆ You must remain in your room (in a hospital).
- ◆ If you need to leave your room, you must follow these recommendations :
 - Clean your hands with an alcohol-based hand sanitizer (antiseptic product) before leaving and upon returning to your room.
 - Wear clean clothing.
 - Follow the instructions given by the staff.



Why are precautions necessary in healthcare settings?

Precautions are taken to prevent the bacteria from spreading to other individuals, particularly those who are weakened by illness and therefore at a higher risk of complications.