



# MRSA

## What should you know?



# 01

### What does MRSA mean?

MRSA stands for Methicillin Resistant *Staphylococcus Aureus*. A MRSA is a 'normal' *Staphylococcus Aureus* that is insensitive (resistant) to the antibiotic with which this bacterium is usually treated.

MRSA is harmless to healthy people. Many people will not notice if they carry the MRSA bacteria. Most people get rid of the MRSA bacteria after a while, but people with low resistance can become ill from it. Transmission of MRSA mainly occurs via the hands and during direct skin-to-skin contact.

### How do I know if I have MRSA?

MRSA can only be diagnosed by taking cultures. These cultures will be taken from you if you belong to the risk group. You are in the risk group if:

- you were admitted and/or treated in a foreign hospital less than 6 months ago;
- you have a housemate or are the caregiver of someone with MRSA bacteria;
- you live or have lived in an asylum seeker center;
- you have contact with live pigs, veal calves and/or broiler chickens.

# 02



### Can infection with MRSA be treated?

Yes, an infection with the MRSA bacteria can be treated. There are still antibiotics available to which the MRSA bacteria are sensitive.

However, we must handle these antibiotics with care to prevent the MRSA bacteria from also becoming resistant to them. MRSA can also disappear on its own over time without treatment.

### Treatment for carriers of the MRSA

Depending on your personal situation, treatment against MRSA carriage is possible in consultation with the microbiologist and your treating physician or general practitioner. Carrier treatment is intensive and broadly includes:

- taking one or more types of antibiotics;
- use of a special nasal ointment;
- wash with disinfectant soap;
- clean clothes and towels daily;
- regular change of bed linen.

# 04

