



MRSA stands for Methicillin-Resistant *Staphylococcus aureus*.

S. aureus is a common germ that lives on our skin and in the lining of the nose. Up to one third of the population may carry *S. aureus*.

MRSA is a particular antibiotic-resistant form of *S. aureus* which has become resistant to some commonly used antibiotics — in particular Flucloxacillin, which is normally used in the treatment of infections caused by *S. aureus*.

This information will help patients who have had MRSA, and their carers too.

What happens when I go home?

Sometimes it may be necessary to continue treatment at home. This will be discussed with you when you are discharged. However, not all of the precautions taken in hospital are necessary at home.



Will MRSA stop me from doing any normal daily activities when I return home?

MRSA is not usually a cause for concern in the community. If you feel well enough, it is important that you continue your usual activities including exercise, socialising and shopping.

Can MRSA return after treatment?

For the purposes of hospital inpatient management, a person is said to be clear of MRSA when three consecutive swabs are negative. A significant proportion of patients will remain clear of MRSA once discharged from the hospital setting, however MRSA can return.

Everyone should follow good hygiene standards:

- Take care with personal hygiene — wash your hands regularly with soap and water, for example it is important to wash your hands thoroughly before handling food and after going to the toilet.
- Underwear, bed linen, towels and wash cloths should also be changed regularly and laundered using as hot a wash cycle as is compatible with the fabric.
- Do not share unwashed towels or personal items that come into contact with your skin e.g. razors.
- Keep your home environment clean.

Will MRSA affect my work and study?

In general, having MRSA should not affect your ability to attend work or college. For most people, observing normal hygiene is sufficient and there is no need to tell employers or colleagues. However, if you are working in a healthcare setting, we recommend you seek further advice.

If I become pregnant, is my baby at risk of MRSA and am I more likely to get infections during birth?

If you are pregnant, there are no immediate additional risks from MRSA. However, you should tell your GP, midwife and any other health professional involved in your care that you have or have had MRSA.

Do I need to tell anyone that I have MRSA?

There are some instances when it is sensible to let people know you have or have had MRSA. These are:

- on every admission to any hospital,
- before admission to a nursing or residential home, and
- when speaking to your GP.
(Your GP should initially be informed by the ward you were discharged from.)

What happens if I have to come back to hospital?

If you come back to this hospital or go to a different hospital, before a bed is allocated to you in a ward it is very important you inform staff that you have previously had MRSA.

If your GP is arranging your admission with the hospital, please remind them about your history of MRSA.

MRSA can come back, even after treatment appears to have been successful, so precautions may be necessary if you come into hospital. More swabs may need to be taken and you might be asked to go into a single room until three consecutive negative results are obtained.

Will my pets catch MRSA from me?

It is extremely rare for animals to be affected by MRSA. •

For more information:

- ask your hospital doctor or nurse
- ask your GP or Practice Nurse
- look on NHS Choices www.nhs.uk
- or Health Protection Agency
www.hpa.org.uk or Public Health England
www.gov.uk/government/organisations/public-health-england.

Surrey & Sussex Healthcare NHS Trust
Trust Headquarters, East Surrey Hospital,
Canada Avenue, Redhill, Surrey RH1 5RH
Telephone: **01737 768511**
Web: www.surreyandsussex.nhs.uk

The Patient Advice & Liaison Service can be contacted on telephone **01737 231958**.

This leaflet can be provided in other languages and formats upon request. Please telephone 01737 231958 or email pals@sash.nhs.uk

Esta informação está disponível em outros idiomas e formatos, incluindo letras maiores. Para auxílio contactar 01737 231958.

我們可以用其他語言和格式來提供這些資料，包括大字體。欲獲得協助，請致電 01737 231958

આ માહિતી બીજી અન્ય ભાષાઓમાં અને સ્વરૂપોમાં ઉપલબ્ધ થશે, જેમાં મોટા અક્ષરોનો સમાવેશ કરેલ છે. મદદ માટે સંપર્ક કરો 01737 231958

مات دوسری زبانوں اور صورتوں میں بھی مل سکتی ہے جن میں بڑے حروف میں لکھی گئی عبارت شامل ہے، مدد لینے کے لئے 01737 231958 پر فون کریں۔

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Discharge of patients with MRSA

methicillin-resistant Staphylococcus aureus

information for patients, carers, relatives and visitors

