

MRSA Advice

For in the home and daily life



Introduction

This information leaflet is about MRSA in your home and in daily life. This should be read in conjunction with the general advice sheet for MRSA.

Is there a risk to family and friends?

MRSA is not a risk to healthy people including babies, children and pregnant women. It is okay for you to visit family and friends, as well as them visiting you. Physical contact does not put them at risk, for example hugging and kissing. It is sensible for family and friends to carry out some simple measures such as hand washing, as well as covering any cuts or broken skin with a waterproof dressing. MRSA can affect people who have certain long-term health problems. If you are concerned ask your GP or nurse for advice. It is extremely rare for animals to be affected by MRSA.

Who needs to know I have MRSA?

Only staff directly involved in your care need to know that you have MRSA. If you have any future appointments involving healthcare, therapies or treatment in a healthcare setting, you should advise staff that you are a MRSA carrier.

Will I require any treatment?

Treatment is not usually indicated or necessary, but in some circumstances treatment may be prescribed by your GP.

Can I continue to go to nursery, school, college and place of work?

In most circumstances, having MRSA should not affect your ability to attend these places. If you are uncertain whether you should continue to attend or return to nursery, school, college or place of work, contact your occupational health department, school nurse or your GP as appropriate. There is no need to tell your colleagues, peers, friends etc. about the MRSA but you may wish to tell your family and close friends (see above).

Can I visit the GP surgery and dentist?

You can still visit your GP and dentist for an appointment or treatment with any member of the surgery staff.

Can I continue with my leisure activities?

It is important that you continue with your usual activities such as sports, shopping and socialising. Visits to the hairdressers, barbers or beautician should not be affected. If you have any open wounds you should seek advice regarding any activities from your GP or nurse.

Do I have to change my cleaning routine in my home?

- No special cleaning products are necessary:
- Your usual hygiene and cleaning routines in your home are sufficient.
- Baths and showers should be taken as usual and cleaned after use.
- Cutlery and crockery can be used and washed in the usual way.
- Clothing and linen can be washed in the usual way. It can be washed in the washing machine with other laundry at the hottest temperature the fabric will allow.

What if I have any more questions?

Ask the person who has given you this leaflet. If he or she is unable to answer your question please contact a nurse from the Leicestershire County and Rutland Infection Prevention and Control Team:

Tammy Bale Tel: 07796 610507

Deborah Moussous Tel: 07768 177516

Amanda Howell Tel: 07825 845578



Everyone can play a part in reducing the spread of infections