Good hand hygiene is the number one way to prevent the spread of germs.

Do not share personal items such as towels, washcloths, razors, skin care products and clothing. Wash soiled cloths or linens with hot water and laundry detergent and dry in hot dryer.

Avoid contact with wounds or bandages. Wear gloves.

Keep all cuts and scrapes clean and covered with a bandage until healed.

Seek medical attention if a wound does not heal properly.

If prescribed an antibiotic, take all doses, even if the infection appears to be getting better.

Clean surfaces with a broad spectrum and fast acting disinfectant, such as UltraSan® Health Care.

What is MRSA?
Methicillin-resistant Staphylococcus aureus (MRSA) is a type of bacteria that is resistant to certain antibiotics. These antibiotics include methicillin and other more common antibiotics such as oxacillin, penicillin and amoxicillin.

Where can MRSA be found?
Staph infections, including MRSA, occur most frequently among persons in hospitals and healthcare facilities (such as nursing homes and dialysis centers) who have weakened immune systems.

How is it spread?
The main mode of transmission of MRSA is via hands (especially health care workers’ hands) which may become contaminated by contact with a) colonized or infected patients, b) colonized or infected body sites of the personnel themselves, or c) devices, items, or environmental surfaces contaminated with body fluids containing MRSA.

What does it cause?
Staph infections, including MRSA, generally start as small red bumps that resemble pimples, boils or spider bites. These can quickly turn into deep, painful abscesses that require surgical draining. Sometimes the bacteria remain confined to the skin. But they can also burrow deep into the body, causing potentially life-threatening infections in bones, joints, surgical wounds, the bloodstream, heart valves and lungs.

What can be done to prevent the infection?
- **Wash your hands:** The number of MRSA infections in hospital can be kept down if all hospital staff adhere to good hygiene measures. The most important is to wash hands before and after contact with each patient, and before doing any procedure. This simple measure reduces the chance of passing on bacteria from patient to patient.
- **Follow hygiene procedures:** Other measures are used in hospitals to reduce the spread of infection. For example, cleaning of bedding, regular cleaning of wards, etc. Patients with an MRSA infection may be kept away from other patients, perhaps in a single bed room or in an isolation unit until the infection has cleared.
- **Use the right disinfectant:** MRSA exists, in part, because the Staphylococcus aureus bacteria have been overexposed to antibiotics and quaternary ammonium or other resistance causing disinfectants, allowing MRSA to adapt and build up immunity. Hydrogen peroxide based disinfectants, on the other hand, will kill MRSA bacteria while it is unable to adapt or build up immunity.

How is it treated?
Both hospital and community associated strains of MRSA still respond to certain medications. In hospitals and care facilities, doctors generally rely on the antibiotic vancomycin to treat resistant germs. Community associated MRSA may be treated with vancomycin or other antibiotics that have proved effective against particular strains. Although vancomycin saves lives, it may grow resistant as well; some hospitals are already seeing outbreaks of vancomycin-resistant MRSA. To help reduce that threat, doctors may drain an abscess caused by MRSA rather than treat the infection with drugs.
Aseptix Prevention Measures – Minimize the risk of CA-MRSA infections in your facility:

• **Have a program for educating** teachers, facility managers and personnel about MRSA and how to identify a potential infection. The best way to keep a breakout from happening is to identify the first case and take action! Education is key. Educate your staff and your building’s residents and create awareness of MRSA by providing the right informational material. Educate thoroughly and frequently. And provide the best materials available for hand washing and cleaning of your facility. Encourage building occupants to immediately report symptoms that may be MRSA.

• **Implement a hand washing initiative and training program** (also see Aseptix Hand Hygiene Guide). The first line of defense against the spread of any infectious disease is proper and frequent hand washing. You should make alcohol-based, waterless hand sanitizers available when hand washing with soap is not available. Alcohol is not suspected of creating resistant bacteria, and these products can augment your hand washing program, when needed.

• **Implement a cleaning program** that uses standard infection control procedures. According to the WHO and CDC, you CAN NOT control the spread of bacteria such as CA-MRSA unless you perform a disinfecting process on all disease transfer points. Disease transfer points are any surface that is regularly touched by the bare skin of more than one person. This includes, but is not limited to, door knobs and push plates; toilet, urinal, sink & water fountain handles; toilet seats; push points or levers on soap and towel dispensers; table tops and desk tops used by multiple people; locker room surfaces; exercise equipment and sports equipment.

The Aseptix Infection Prevention program provides:

• Ultra fast (30 seconds) kill on MRSA. Mild hand soaps with MRSA bactericidal efficacy.

• Proven cleaning power and leaving no residue. Disinfect and remove surface soils (e.g. dirty & blood) without leaving a residue behind that could attract grime and help microorganisms grow.

• Time & Cost Efficient. All Aseptix products are ready-to-use and clean & disinfect in one. So labor costs which are often the highest costs in infection prevention will be reduced.

• Aseptix provides a clear-cut ultra safe procedure. All products clean & disinfect in one without compromising the indoor air quality or a person’s respiratory or immune system like harsh cleaning materials tend to do. A weakened immune system makes a person much more susceptible to an MRSA infection.

• Environmentally Preferable. Avoid fixing one problem by causing another. Combat MRSA without introducing potential hazardous chemicals into your environment (hydrogen peroxide breaks down into water and oxygen before reaching the water and sewer systems).

• No use precautions, no hazard labeling, simple use instructions, high compliance

Recommended Procedures for proper infection control:

• Thoroughly clean all common skin-contact surfaces daily.

• Use appropriate Aseptix product for disinfecting disease transfer points:
  - Spray surface
  - Leave on surface for 30 seconds
  - Wipe surface with a clean cloth/wipe or paper towel

• Use a clean cloth or paper towel each time it becomes visibly soiled and each time you move to a different room.

• Maintain good hand hygiene

• Use Aseptix hand soaps or hand rubs which have fast MRSA efficacy and do not cause resistance