

MRSA (Methicillin Resistant Staphylococcus Aureus)

What is MRSA?

Staphylococcus aureus, also called staph, is a type of germ known as bacteria. Many healthy people have this germ on their skin and in their nose. Staph germs most often cause an infection on the skin as lesions, pimples or boils. The infection can get into a surgical site, in the blood or cause pneumonia. If the infection gets worse, the signs may be tiredness, nausea or vomiting, shortness of breath, chest pain or skipped heart beats.

Methicillin resistant staphylococcus aureus, or MRSA, is a type of staph infection that is hard to treat because it cannot be killed by many common antibiotics. MRSA can infect any part of the body. MRSA is becoming a more common infection.

How is MRSA spread?

Anyone can get a staph infection, but people are at higher risk if they have:

- Skin-to-skin contact with someone who has a staph infection.
- Contact with items and surfaces that have the staph germ on them. This could be sports equipment, tattoo needles or other equipment.

MRSA（抗甲氧西林 金黄色葡萄球菌）

什么是 MRSA？

金黄色葡萄球菌，也称 staph，是一种细菌。许多健康人的皮肤和鼻腔内都携带此细菌。此细菌常常引起皮肤感染，例如皮肤病变、暗疮或疥疮。感染可能会进入手术部位、血液或导致肺炎。如果感染恶化，症状可能有疲倦、恶心或呕吐、气短、胸痛或心跳暂停。

抗甲氧西林金黄色葡萄球菌（MRSA）是一种金黄色葡萄球菌，所导致的感染难以治疗，许多抗生素均对其无效。MRSA 会感染身体的任何部位。MRSA 感染愈来愈普遍。

MRSA 是如何传播的？

任何人均可能感染，但有些人的感染风险更大：

- 与感染此细菌者有皮肤接触者。
- 接触带有金黄色葡萄球菌的物品和表面。物品可能包括运动器械、纹身针或其它器械。

- Cuts or scrapes on their skin.
- Crowded living conditions, such as schools, extended care facilities, military bases, some people's homes or prisons.
- A lot of physical contact such as sports teams.
- Poor hygiene.

Testing for MRSA

See a doctor if you or your child has a skin wound that is not healing or if there are signs of an infection, such as fever, pain, redness, warmth, swelling or drainage from skin wounds.

The doctor may collect a sample of drainage or tissue from the area and send it to a lab to test for MRSA. A blood sample may also be taken to check for MRSA in the blood. The lab test can also tell which antibiotic will be best to treat MRSA.

Babies or children placed in Intensive Care Units (ICUs) are often tested for MRSA.

How is MRSA treated?

Most staph infections, including MRSA, can be treated with certain antibiotics.

- If your doctor prescribes an antibiotic, it is **very important to take all the medicine** as ordered, even if the infection is getting better.
- If an ointment is prescribed, apply it to all skin lesions, even the tiny ones.

- 皮肤割伤或擦伤。
- 生活在拥挤的环境内，例如学校、长期护理机构、军事基地、某些人的家或监狱。
- 与他人有许多身体接触者，例如体育团队。
- 个人卫生习惯不良。

MRSA 的测试

如果您或孩子的皮肤外伤迟迟不痊愈或有感染的症状，例如发烧、疼痛、发红、发热、浮肿或有流出物，则须看医生。

医生可能收集流出物或组织的样本，进行 MRSA 化验。此外，也可能抽血化验血液内是否有 MRSA。通过化验还可确定哪种抗生素治疗 MRSA 的效果最好。

住加护病房（ICU）的婴儿或儿童通常会接受 MRSA 检查。

如何治疗 MRSA？

大多数金黄色葡萄球菌感染，包括 MRSA，都可以使用某些抗生素来治疗。

- 如果医生开抗生素，**务必要遵医嘱使用所有药物**，即使感染正在好转也是如此。
- 如果医生开的是外敷软膏，必须涂抹所有皮肤病变部位，切勿遗漏很小的病变部位。

- If there is a skin infection, your doctor may make an incision to drain the infection. If so, you may have a home health nurse or need to learn to do dressing changes on the wound. Be sure to follow your doctor's instructions.
- Sometimes your doctor may order special antibacterial ointment to be placed in the nose or a special soap for bathing.
- **Do not** take part in contact sports until the infection has healed.
- Call your doctor if your infection does not get better with treatment.

How do I prevent the spread of MRSA?

To prevent the spread of MRSA and other bacteria:

- Wash with soap and water or use alcohol hand sanitizer on hands often, especially after touching a skin lesion.
- Keep any cuts or lesions clean. Keep them covered with clean, dry bandages until healed.
- Do not touch other people's cuts or bandages.
- Do not share personal items like towels, razors, clothing or equipment.
- Clean surfaces where bare skin rubs such as exercise equipment, wrestling mats and surfaces in the home.
- Take a shower with soap after working out or playing sports.

- 如果发生皮肤感染，医生可能会切开感染部位，放出感染部位的脓液。如果医生如此处置，则可能需要请家庭护士或自己学会如何换药。务必遵守医嘱。
- 有时候，医生可能会要求在鼻子内抹特殊的抗菌软膏，或用特殊的肥皂洗澡。
- 在感染痊愈之前，切勿参加有身体接触的体育运动。
- 如果治疗后感染无好转，应打电话给医生。

如何防止 MRSA 的传播？

为防止 MRSA 和其它细菌的传播，应该：

- 经常用肥皂和水洗手，或用酒精性干洗手液洗手，特别是在触摸皮肤病变部位后。
- 保持割伤或病变部位的清洁。用清洁的干纱布包扎，直至痊愈。
- 切勿触摸他人的伤处或包扎绷带。
- 切勿共享个人物品，例如毛巾、剃须刀、衣物或用具。
- 裸露皮肤接触到的表面，例如运动器械、摔跤垫、家中器物的表面，须保持清洁。
- 在户外工作或运动后，要用肥皂洗澡。

When should I call a doctor?

Call a doctor if:

- You or your child's condition becomes worse – the infected area has increased swelling, pain or redness.
- You or your child develops a fever, has trouble breathing or has other signs of illness such as vomiting, diarrhea or always sleeping.
- Another family member develops new skin lesions.
- Your child will not take the medicine prescribed.

Talk to your doctor or nurse if you have any questions or concerns.

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什么时候应该找医生？

如果发生以下情况，请找医生：

- 您或孩子的状况恶化，感染部位的浮肿、疼痛或发红加剧。
- 您或孩子发烧、呼吸困难或有其它疾病症状，例如呕吐、腹泻或嗜睡。
- 其它家人出现新的皮肤病变。
- 孩子不愿服用医生所开的药物。

如果有任何疑问或担心，请咨询医生或护士。

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