

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

(meticilin rezistentni stafilokok aureus)

Šta je to MRSA?

Stafilokok aureus, takođe poznat kao zlatni stafilokok ili, skraćeno na engleskom, staf, je vrsta mikroba koji se zove bakterija. Ovaj mikrob je prisutan na koži ili u nosu mnogih zdravih osoba. Mikrob stafilokoka najčešće uzrokuje infekciju (zarazu) kože u vidu rana, bubuljica ili čireva. Infekcija može zahvatiti operisano mjesto, dospjeti u krv ili izazvati upalu pluća (pneumoniju). Kao znakovi pogoršanja infekcije mogu se javiti umor, mučnina ili povraćanje, ubrzano disanje, bolovi u grudima ili nepravilni otkucaji srca.

Meticilin rezistentni stafilokok aureus ili MRSA je vrsta zaraze stafilokokom koju je teško liječiti jer je otporna na veliki broj često korištenih antibiotika. Bilo koji dio tijela može se zaraziti bakterijom MRSA. MRSA postaje sve češća zaraza.

Kako se MRSA širi?

Svako se može zaraziti stafilokokom, ali većem riziku su izložene one osobe koje:

- imaju fizički kontakt sa osobom koja je zaražena stafilokokom;
- imaju kontakt sa stvarima i površinama na kojima se nalaze mikrobi stafilokoka. Te stvari i površine mogu biti sportska oprema, igle za tetovažu ili druga oprema;

- 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.

- imaju posjekotine ili ogrebotine kože;
- borave u objektima gdje ima dosta ljudi, kao što su škole, ustanove za produženi boravak, vojne kasarne, ponekad domovi za stanovanje ili zatvori;
- imaju čest fizički kontakt sa sportskim timovima;
- loše održavaju higijenu.

Test na MRSA

Posjetite ljekara ukoliko vi ili vaše dijete imate na koži ranu koja ne zarasta ili se pojave znakovi infekcije, kao što su temperatura, bol, crvenilo, toplota, otok, ili rana počne da curi.

Ljekar može uzeti uzorak iscjetka iz rane ili tkiva sa tog područja i poslati ga u laboratoriju da se uradi test na MRSA. Takođe se može uzeti uzorak krvi za test na MRSA u krvi. Laboratorijski test može takođe pokazati koji je antibiotik najbolji za liječenje MRSA.

Test na MRSA često se radi bebama ili djeci na Odjelima za intenzivnu njegu (Intensive Care Units ili skraćeno ICUs).

Kako se liječi MRSA?

Većina zaraza, u koje spada i MRSA, može se liječiti određenim antibioticima.

- Ukoliko vam ljekar propiše antibiotik, **veoma je važno da lijek uzimate** u skladu sa uputama, čak i kada infekcija počne da prolazi.
- Ako vam ljekar propiše mast, stavljajte je na **sve** rane na koži, čak i one najmanje.

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- 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.

- Ako postoji infekcija kože, vaš ljekar može napraviti mali rez kako bi zarazna tečnost iscurila. Ako se to desi, možda će vam njegu pružati medicinska sestra za kućnu njegu bolesnika, ili će vam zdravstveni radnici pokazati kako da sami sebi mijenjate zavoje na rani. Obavezno slijedite upute ljekara.
- Ponekad ljekar može naručiti specijalnu antibakterijsku mast koja se stavlja u nos ili specijalni sapun za kupanje.
- Sve dok infekcija ne prođe, **nemojte** učestvovati u sportovima koji uključuju fizički kontakt.
- Ukoliko vam i pored liječenja infekcija ne prolazi, o tome se posavjetujte sa svojim ljekarom.

Kako mogu spriječiti širenje MRSA-e?

Da bi se spriječilo širenje MRSA-e i drugih bakterija:

- Često perite ruke sapunom i vodom ili koristite tečnost za dezinfekciju ruku na bazi alkohola, naročito nakon dodira rane na koži.
- Održavajte higijenu svih posjekotina i rana. Dok ne zarastu, držite preko njih čiste, suhe zavoje.
- Ne dirajte rane i zavoje drugih.
- Ne dijelite sredstva za ličnu higijenu poput peškira, brijača, odjeće ili opreme.
- Čistite površine koje se dodiruju golom kožom, kao što su oprema za vježbanje, madraci za borilačke vještine i površine kod kuće.
- Nakon fizičke vježbe ili sporta istuširajte se sapunom.

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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Kada trebam pozvati ljekara?

Ljekara pozovite ukoliko:

- dođe do pogoršanja vašeg stanja ili stanja vašeg djeteta – otok, bol ili crvenilo inficiranog područja se povećá;
- vama ili vašem djetetu se povisi tjelesna temperatura, teško dišete ili se pojave drugi znakovi bolesti kao što su povraćanje, proliv ili stalno spavate;
- rane po koži se pojave i kod drugog člana porodice;
- vaše dijete neće da uzme lijek koji mu je propisan.

Ukoliko imate bilo kakvih pitanja ili osjećate zabrinutost, o tome se posavjetujte sa svojim ljekarom ili medicinskom sestrom.

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