

# **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 (Methicillin Resistant Staphylococcus Aureus)**

## **Waa maxay MRSA?**

“Staphylococcus aureus,” oo sidoo kale loo yaqaano “staph,” waa nooc ka mid ah jeermiyada loo yaqaano bakteeriya. Dad badan oo caafimaad qaba ayaa jeermigan ku sita maqaarkooda iyo sankooda. Jeermiga “staph” badanaa waxa uu maqaarka ku ridaa caabuq/fashfash ah nabaro, finan ama finan dheecaan leh. Caabuq/fashfashu waxa uu gali karaa meel la qalay, dhiigga ama waxa uu keeni karaa nuumooniya (pneumonia). Haddii caabuq/fashfashu sii xumaado, caalamadaha waxa ka mid ah daal, lallabo ama matag, neefsashada oo dhib ah, xanuun laabta ah ama garaaca wadnaha oo la gafo.

Methicillin resistant staphylococcus aureus, ama MRSA, waa nooc ah caabuq/fashfasha “staph” oo ay dhib tahay in la daweyo sababta oo ah ma dili karaan antibiyootiko badan oo caan ah. MRSA waxa uu caabuq/fashfash ku ridi karaa qayb kasta oo jirka ah. MRSA waxa uu baryahan dambe soo noqonayaa caabuq/fashfash intii hore ka tiro badan.

## **Sidee baa MRSA u fidaa?**

Qof kasta ayaa qaadi kara caabuq/fashfasha “staph,” laakiin waxay dadku halis u sii yihiin haddii ay yeeshaan:

- Taabasho maqaar-ka-maqaar ah oo ay la yeeshaan qof qaba caabuq/fashfasha “staph.”
- Taabasho ay la yeeshaan alaab iyo oogada wax uu dul saaran yahay jeermiga “staph.” Waxa kuwaasi ay noqon karaan qalabka isboortiga, irbadaha maqaarka lagu xardho (tattoo) ama qalab kale.

- 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.

- Meelo jeexan ama xoqan oo ku yaala maqaarka.
- Xaalado deganaansho ama guri oo ciriiri ah, sida dugsiyada, goobaha daryeelka dheer, xarumaha ciidamada, guryaha dadka qaarkood ama xabsiyada.
- Taabasho jir oo badan sida kooxaha ciyaaraha ama isboortiga.
- Nadaafad xumo.

## **Baaritaanka MRSA**

U tag dhakhtar haddii adiga ama ilmahaagu uu ku leeyahay nabar maqaarka oo aan bogsanaynin ama haddii ay jiraan calaamadaha caabuq/fashfash, sida qandho, xanuun, casaan, diirimaad, barar ama dheecaan ka imanaya dhaawacyo ku yaala maqaarka.

Dhakhtarku waxa uu qaadi karaa qayb ah dheecaanka ama cad laga soo qaado meesha una diri karaa shaybaar si looga baaro MRSA. Waxa kale oo la qaadi karaa qayb ah dhiig si looga baaro MRSA. Waxa kale oo baaritaanka shaybaarku sheegi karaa nooca antibiyootiko ee ugu fiican in lagu daweyo MRSA.

Ilmaha yar ama caruurta la geeyo Qaybta Daryeelka Siyaadada ah (Intensive Care Unit) (ICU) badanaa waxa laga baaraa MRSA.

## **Sidee baa loo daweyaa MRSA?**

Badi caabuqa/fashfashka “staph,” oo uu ku jiro MRSA, waxa lagu daweyn karaa antibiyootikada qaarkood.

- Haddii dhakhtarkaagu uu kuu qoro antibiyootiko, waxa **si aad muhiim u ah inaad dhamaan dawooyinkaaga u qaadatid** sida lagu sheegay, xiitaa haddii caabuqa/fashfashka aad ka soo fiicnaato.
- Haddii kiriim ama dawo maris ah lagu qoro, mari **dhamaan** nabarada maqaarka, xiitaa kuwa yaryar.

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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.

- Haddii uu jiro caabuuq/fashfash maqaarka ah, dhakhtarkaaga ayaa sameyn kara jeexis si loo gororiyo caabuqa/fashfashka. Haddii taasi dhacdo, waxa lagu siin karaa kalkaaliso caafimaad ee guri ama waxa aad u baahan doontaa inaad baratid sida faashadda looga beddelo dhaawaca. Hubso in aad raacdid dhamaan fariimaaha dhakhtarkaaga.
- Marmarka qaarkood waxa laga yaabaa in dhakhtarku dalbo kiriim ama maris gaar ah oo lid ku ah bakteeriyada oo la galinayo sanko ama saabuun gaar ah oo loogu talagalay qubeyska ama maydhashada.
- **Ha ka** qaybqaadan isboortiga is-taabashada leh ilaa aad caabuqa/fashfashka ka bogsanaysid.
- Wac dhakhtarkaaga haddii aadan ka soo fiicnaan caabuqa inta daweyntu socoto.

## **Sidee baan uga hortagaa fidinta MRSA?**

Si aad uga hortagtid fidinta MRSA iyo bakteeriyada kale:

- In badan gacmaha ku dhaq saabuun iyo biyo ama isticmaal gacmo nadiifiye aalkolo ah, gaar ahaan marka aad taabatid nabar maqaarka ku yaala ka dib.
- Nadiifi wixii ah jeexdin ama nabaro. Ku dabool faashad nadiif ah oo qalalan ilaa ay ka bogsanayaan.
- Ha taaban jeexdinta ama faashadaha dadka kale.
- Ha wadaagin alaabta shakhsiga u gaarka ah sida tuwaalada/shukumaanada, makiinadaha xiirista, dharka ama qalab.
- Nadiifi oogada uu maqaarka qaawani taabanayo sida qalabka jimicsiga, darmooyinka legdinta iyo oogada meelo ah guriga.
- Ku qubayso saabuun jimicsiga ama ciyaarista isboorti ka dib.

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## **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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## **Goorma ayay tahay inaan waco dhakhtar?**

Wac dhakhtar:

- Haddii xaaladdaadu ama ta ilmahaagu ka sii darto – haddii goobta caabuqu/fahsfashku ku dhacay uu ku soo kordho barar, xanuun ama casaan.
- Haddii adiga ama ilmahaagu yeesho qandho, ay neefsashadu dhib ku tahay ama uu leeyahay calaamado cudur oo kale, sida matag, shuban ama uu markasta hurdo.
- Haddii qof kale oo ka tirsan qoyska uu yeesho nabaro maqaar oo cusub.
- Ilmahaagu uu rabin inuu qaato dawada loo qoray.

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid su'aalo ama walaac.**

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