

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 very common infection.

How is MRSA spread?

Anyone can get a staph infection, but people are at higher risk for MRSA 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.
- Cuts or scrapes on their skin.
- Crowded living conditions, such as schools, nursing homes, military bases or prisons.
- A lot of physical contact such as sports teams.
- Poor hygiene.

MRSA（抗甲氧西林 金黃色葡萄球菌）

甚麼是MRSA？

金黃色葡萄球菌，也稱staph，是一種細菌。許多健康人的皮膚和鼻腔內都有帶此菌。Staph細菌最常引起的是皮膚感染，例如皮膚病變、暗瘡或疥瘡。感染可能會進入手術部位、進入血液或導致肺炎。如果感染加重，症狀可能有疲倦、噁心或嘔吐、氣短、胸痛或心跳暫停。

抗藥性金黃色葡萄球菌(MRSA)是一種金黃色葡萄球菌，所導致的感染難以治療，許多普通抗生素都對它無效。MRSA會感染到身體的任何部位。MRSA正在成為非常普通的感染。

MRSA是如何傳播的？

任何人均可能感染staph，但有些人感染MRSA的風險更大，如果他們：

- 與感染此細菌者有皮膚接觸。
- 接觸帶有金黃色葡萄球菌的物品和表面。這些可能是運動器械、紋身針或其他器械。
- 皮膚割傷或擦傷。
- 擁擠的生活環境，例如學校、護理之家、軍事基地或監獄。
- 與他人有許多身體接觸，例如體育團隊。
- 衛生習慣不良。

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.
- 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 your hands with soap and water often, especially after touching a skin lesion.
- Keep any cuts or lesions clean. Keep them covered with clean, dry bandages until healed.

MRSA的測試

如果您或孩子的皮膚外傷遲遲不癒或有感染的症狀，例如發燒、疼痛、發紅、發熱、腫脹或有分泌物，則須看醫生。

醫生可能會收集分泌物或組織的標本，並將標本送去進行MRSA化驗。此外，也可能抽血來檢查血液內是否有MRSA。透過化驗還可確定哪種抗生素治療MRSA的效果最好。

常常會給加護病房(ICU)的嬰兒或兒童檢查MRSA。

如何治療MRSA？

包括MRSA的大多數金黃色葡萄球菌感染都可以用某些抗生素治療。

- 如果醫生開抗生素，**務必要遵醫囑服用所有藥物**，即使感染正在好轉也是如此。
- 如果醫生開的是外敷軟膏，必須塗抹**所有**皮膚病變部位，即使是很小的部位。
- 如果發生皮膚感染，醫生可能會切開感染部位，放出膿液。如果醫生如此處置，則可能需要請家庭護士或自己學會換藥。務必遵守醫囑。
- 有時候，醫生可能會要求在鼻子內抹特殊的抗菌軟膏，或用特殊的肥皂洗澡。
- 在感染痊癒之前，**切勿**參加有身體接觸的體育運動。
- 如果經治療後感染無好轉，應致電醫生。

如何防止MRSA的傳播？

為防止MRSA和其他細菌的傳播，應該：

- 經常用肥皂和水洗手，特別是在觸摸皮膚病變部位後。
- 保持割傷或病變部位的清潔。用清潔的乾紗布包紮，直至痊癒。

- 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.

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.

- 切勿摸他人的傷處或包紮繃帶。
- 切勿共用個人物品，例如毛巾、剃須刀、衣物或用具。
- 裸露皮膚接觸到的表面，例如運動器械、摔跤墊、家中器物的表面，須保持清潔。
- 在戶外工作或運動後，要用肥皂洗澡。

甚麼時候應該致電醫生？

如果發生以下情況，請致電醫生：

- 您或孩子的狀況惡化，感染部位的腫脹、疼痛或發紅加劇。
- 您或孩子發燒、呼吸困難或有其他疾病症狀，例如嘔吐、腹瀉或嗜睡。
- 其他家人出現新的皮膚病變。
- 孩子不願服用醫生所開的藥物。

如果有任何疑問或擔心，請詢問醫生或護士。

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MRSA. Traditional Chinese.