

## Hand hygiene

Everyone carries a lot of bacteria on the skin. They help to protect the skin and in general are not harmful. A hand is never completely sterile. Nevertheless, these bacteria might make people sick, if they have a weak immune system. Many germs are passed on by hand contact. The most effective way to avoid that germs are passed on is the disinfection of the hands.

### Hand washing

Please wash your hands after using the toilet, before eating and when your hands are dirty.

### Hand disinfection

This is the most effective way to kill germs, viruses and fungi. You'll find disinfection bottles distributed on the wards, in the patients' room, in front of all the isolation rooms and the therapy department.

### How to disinfect your hands?

Press the lever 2 to 3 times to get enough solution in your palm and rub your hands thoroughly 30 seconds until dry. Take care to cover your fingertips, your palm and the space in between your fingers

## How do I get further information?

- If you require more information,, the staff or the doctor can help you
- in the internet
- [www.nlga.niedersachsen.de](http://www.nlga.niedersachsen.de)

**Please disinfect your hands upon entering the institution, before and after contacting other people and before entering or leaving the patients` room.**



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# MRSA

Methicillin-resistenter Staphylococcus aureus

## Information leaflet for patients and relatives

Germs and viruses can't be seen with the bare eye. They surround us all the time and are everywhere. Few of them are relevant for humans when it comes to infection and illness.

In the hospital many sick people are together in a very confined space. To avoid the transmission of germs, special measures have to be taken.

Since there are more and more resistant germs, it is of high importance to take special steps to protect oneself against an infection. Most of the measures can be performed easily and are very effective.

Not just the staff, even you can contribute to avoid hygienic risk and to prevent the transmission of germs.

## What is MRSA?

Staphylococcus aureus is widely spread skin and mucous membrane germ. If these bacteria are resistant against a number of antibiotics it is called **MRSA**

MRSA bacteria are usually not dangerous for a healthy person. Within the hospital there is an increased risk of transmission and infection for patients. We take special precautions to avoid the transmission. Part of this is the isolation, the hand disinfection and protective clothing.

## How is MRSA spread?

People infected with MRSA show a high concentration of these bacteria in the nose, on the skin, in open wounds, possibly even in excretions and everything what the patient gets in contact with. Another possible way of transmission is coughing or sneezing, if these bacteria are located in the nose and throat area.

## Which special hygienic measures are necessary within the hospital?

- As a MRSA-patient you will be accommodated in a single room or with another MRSA patient in a separate room to avoid the transmission of the bacteria.
- Therapies will take place in the patients` room.
- The staff enter your room in protective clothing. Before leaving the room, the gown will be taken off and the hands will be disinfected.

- Likewise it is necessary for the visitors to put on protective clothing and to disinfect the hands.

## As a patient may I leave the room or the hospital?

You may only leave the room after consulting the staff or the doctor. Upon leaving the isolation room everyone has to keep to certain hygienic rules. Please understand, that you are not allowed in cafeteria due to hygienic measures.

## How is the treatment?

Depending on where MRSA has been located (nose, throat, Skin or wounds) we try to eliminate MRSA with washing solutions and nose ointments.

One treatment cycle will last 11 days. Within this time it is very important to change your clothes daily to avoid a reinfection of the skin.

Treatment:

day 1 -5:

- Once a day full body wash including the hair with an antiseptic lotion
- Cleaning of mouth and teeth with a disposable toothbrush and antiseptic rinsing three times a day.
- Application of a special nose ointment three times a day
- daily change of clothes

day 6-8:

- Break, normal personal hygiene

day 9 -11:

- Once a day a swab of the nose and throat area<sup>1</sup>

**As soon as all swabs are negative, you will be released from isolation.**

## What has to be observed when visiting the institution?

Relatives and visitors will be instructed by the staff about the hygienic measures. That includes the disinfection of the hand before entering and leaving the room as well as putting on the protective gown with patients in isolation rooms. Our staff will assist you if necessary.

**Please mind to wear the protective clothing in the patient's room only!! Even if you leave the room for a short time you must change the protective gown and disinfect your hands.**

## Private clothing

Private clothing must be taken home by relatives to wash. The laundry should be transported sealed in a plastic bag and should be washed with a detergent at the highest possible temperature (60°). Please store washed and worn clothing separately.

## Does a visit involve any dangers?

If you keep strictly to the precautionary measures, there are no health hazards for the visitors. However children and people with open wounds and with an immune deficiency should avoid close contacts during the time of MRSA infection.

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