

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 金黃色葡萄球菌）

什麼是 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攜帶此細菌。此細菌常常引起皮膚感染，例如皮膚病變、暗瘡或疥瘡。感染可能會進入手術部位、血液或導致肺炎。如果感染惡化，症狀可能有疲倦、噁心或嘔吐、呼吸短促、胸痛或心跳暫停。

抗甲氧西林金黃色葡萄球菌（MRSA）是一種金黃色葡萄球菌，所導致的感染難以治療，許多抗生素均對其無效。MRSA 會感染身體的任何部位。MRSA 感染愈來愈普遍。

MRSA 是如何傳播的？

任何人均可能感染，但有些人的感染風險更大：

- 與感染此細菌者有皮膚接觸者。
- 接觸帶有金黃色葡萄球菌的物品和表面。物品可能包括運動器械、紋身針或其他器械。

- 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.

- 皮膚割傷或擦傷。
- 生活在擁擠的環境內，例如學校、長期護理機構、軍事基地、某些人的家或監獄。
- 與他人有許多身體接觸者，例如體育團隊。
- 個人衛生習慣不佳。

MRSA 的測試

如果您或孩子的皮膚外傷遲遲不痊癒或有感染的症狀，例如發燒、疼痛、發紅、發熱、腫脹或有流出物，則須看醫生。

醫生可能收集流出物或組織的樣本，進行 MRSA 化驗。此外，也可能抽血化驗血液內是否有 MRSA。透過化驗還可確定哪種抗生素治療 MRSA 的效果最好。

住加護病房（ICU）的嬰兒或兒童通常會接受 MRSA 檢查。

如何治療 MRSA ？

大多數金黃色葡萄球菌感染，包括 MRSA，都可以使用某些抗生素來治療。

- 如果醫生開抗生素，**務必要遵醫囑使用所有藥物**，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**，切勿遺漏很小的病變部位。

- 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.

- 如果發生皮膚感染，醫生可能會切開感染部位，放出感染部位的膿液。如果醫生如此處置，則可能需要請家庭護士或自己學會如何換藥。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。
- 如果治療後感染無好轉，應打電話給醫生。

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，或用酒精性乾洗手液洗手，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。
- 切勿觸摸他人的傷處或包紮繃帶。
- 切勿共用個人物品，例如毛巾、刮鬍刀、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。

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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什麼時候應該找醫生？

如果發生以下情況，請找醫生：

- 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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