

MRSA Decolonization

- Keep fingernails cut short
- Change underwear, towels, washcloths, and sleepwear each day
 - Do not share items and wash after each use
- Wash bed sheets and pillow cases every week in the hottest water possible and may use bleach if they are white. Dry on a high heat setting
- Keep cut and scrapes clean, dry and covered with a bandage until they heal unless instructed otherwise
- Avoid sharing items like razors, clothing and towels and washcloths
- Avoid loofahs and nylon scrubbers

- Mupirocin or Bactroban will be prescribed to be apply with a Q-tip all around the inside of your nose. Use a new Q-tip for each side
- Also apply under fingernails
 - Apply twice daily for the first 5 day of each month
 - It may be recommended that everyone in the household do this
- Ointment may also be used if you develop a skin lesion. Use warm compression on affected area for 10 minutes 3 times each day and then apply Bactroban to affected area using a Q-tip

- If lesion or abscess is large or you have fever or chills please contact the office

- Use Hibiclens soap (can be purchased OTC), apply in the shower and leave on skin for 3-5 mins. and rinse. Do not use lotions afterwards. Use 3 times per week the first 5 days of each month

- Alternative to Hibiclens would be bleach bath use twice weekly
 - Add one teaspoon of regular bleach for each gallon of water
 - Average full bath holds 40 gallons of water