

MRSA（抗甲氧西林金黄色葡萄球菌）

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.
- Have contact with items or surfaces that have the staph germ on them. This could be sports equipment or getting tattoos or piercings from people who are not licensed or places that are not clean.
- Have cuts or scrapes on their skin.

什么是MRSA?

金黄色葡萄球菌，也称葡萄球菌，是一种细菌。许多健康人的皮肤和鼻腔内都携带此细菌。此细菌常常引起皮肤感染，例如皮肤病变、暗疮或疥疮。感染可能会进入手术部位、血液或导致肺炎。如果感染恶化，症状可能有疲倦、恶心或呕吐、气短、胸痛或心跳暂停。

抗甲氧西林金黄色葡萄球菌 (MRSA) 是一种葡萄球菌感染，而且难以治疗，许多常用抗生素均对其无效。MRSA会感染身体的任何部位。MRSA感染愈来愈普遍。

MRSA是如何传播的?

任何人均可能感染葡萄球菌，但有些人感染MRSA的风险更大：

- 与感染葡萄球菌者有皮肤接触。
- 接触带有葡萄球菌的物品或表面。可能包括体育用品，或者由未持证者或在不洁净的场所纹身或穿环。
- 皮肤割伤或擦伤。

- Live or spend time in crowded places, like daycare centers.
- Engage in a lot of physical contact, such as sports teams.
- Share personal items, like towels, toothbrushes, combs, and sports gear.
- Have a weakened immune system.
- Have skin damage caused by a medical condition, like eczema.

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 will do a test to decide what type of germ is causing the infection. The test will also tell the doctor which antibiotic will work best.

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 of 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 the area was packed with a gauze dressing, your doctor may want your child to come back to have the wound taken care of.

- 在托儿所等人员拥挤场所起居或逗留。
- 与他人有许多身体接触，例如体育团队。
- 共用个人物品，如毛巾、牙刷、发梳和体育器材。
- 免疫系统衰弱。
- 因湿疹等病症导致皮肤破损。

MRSA的检测

如果您或孩子的皮肤外伤迟迟不痊愈或有感染的症状，例如发烧、疼痛、发红、发热、浮肿或有流出物，则须看医生。

医生将进行检测，以确定是何种病菌导致感染。通过检测，医生还可确定哪种抗生素最有效。

如何治疗MRSA?

大多数葡萄球菌感染（包括MRSA）都可以使用某些抗生素来治疗。

- 如果医生开抗生素，**务必要遵医嘱使用所有药物**，即使感染正在好转也是如此。
- 如果医生开的是外敷软膏，必须涂抹**所有**皮肤病变部位，切勿遗漏很小的病变部位。
- 如果发生皮肤感染，医生可能会切开感染部位，放出感染部位的脓液。如果该部位曾使用纱布敷料包扎，医生可能要求孩子复诊以护理伤口。

- **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 for 15 to 20 seconds with soap and water or use an alcohol-based hand sanitizer 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.
- Wash clothes and bedding on hottest setting. Use bleach when possible.

- 在感染痊愈之前，**切勿**参加有身体接触的体育运动。
- 如果治疗后感染无好转，应打电话给医生。

如何防止MRSA的传播？

- 为防止MRSA和其它细菌的传播，应该：
- 经常用肥皂和水洗手**15到20秒**，或使用醇基洗手液，尤其是触碰皮肤病变部位后。
- 保持割伤或病变部位的清洁。用清洁的干纱布包扎，直至痊愈。
- 切勿触摸他人的伤处或包扎绷带。
- 切勿共享个人物品，例如毛巾、剃须刀、衣物或用具。
- 裸露皮肤接触到的表面，例如运动器械、摔跤垫、家中器物的表面，须保持清洁。
- 在户外工作或运动后，要用肥皂洗澡。
- 高温清洗衣服和寝具。尽量使用漂白剂。

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.

什么时候应该找医生?

如果发生以下情况, 请找医生:

- 您或孩子的状况恶化, 感染部位的浮肿、疼痛或发红加剧。
- 您或孩子发烧、呼吸困难或有其它疾病症状, 例如呕吐、腹泻或嗜睡。
- 其他家人出现新的皮肤病变。
- 孩子不愿服用医生所开的药物。

如有任何疑问或担忧, 请咨询医生或护士。