

Children's

Hospital & Regional Medical Center

MRSA

Department of Pediatrics

STEPS TO DECREASE MRSA COLONIZATION

- 1) Systemic antibiotics: Finish the treatment as prescribed (generally, this is oral antibiotics)
- 2) Topical antibiotics: Beginning two days before finishing antibiotics: start mupirocin (BACTROBAN) ointment. Apply a small amount to a cotton-tip swab into each nostril twice daily for 5 days (ie, start 2 days before finishing antibiotics and continue for 3 more days while off antibiotics).
 - For Bactroban Nasal 2% ointment 1 gram tubes: use ½ tube in each nostril twice daily
 - For Bactroban cream 2%: one 15 gram tube per person should last 5 days – apply with cotton swab
- 3) Keep nails cut short
- 4) Change underwear, towels, washcloths, and sleep wear daily
- 5) Use pHisoderm or other antibacterial liquid soap around the house for handwashing.
- 6) FOR PATIENTS WITHOUT SIGNIFICANT SKIN BREAKDOWN: Clorox baths clearly help in preventing recurrences. The volume of the bath tub can be determined by measuring water with a gallon milk jug. Add one teaspoon regular strength Clorox per gallon of water. Take Clorox baths 2x week for at least 15 minutes with any kind of soap.
- 7) A substantial percentage (up to 30%) of individuals may recolonize with the same bacteria within 4 weeks after the above approach. Retreatment with mupirocin in the anterior nares (nostrils) 3x daily for one month with the above guidelines may be considered.

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