

# CA-MRSA Patient Instructions

Community-acquired methicillin-resistant *Staphylococcus aureus*

This information is for children with recurrent wound infections and periods of MRSA "colonization." MRSA colonization is when bacteria are still in the nose, throat or on the skin, but are not causing illness or symptoms of infection.

These recommendations are from the Helen DeVos Children's Hospital infectious diseases division. They are for:

- Your child only
- All family members

## Bathing

- In addition to your child's usual baths, he or she will also take a bath in water mixed with bleach.
  - Intense Phase: For the first 7 days, wash your child for 15 minutes every day in a diluted (watered down) bleach bath. Use 1/4 cup of regular strength bleach in a bathtub 1/3 to 1/2 full of water - similar to the amount of chlorine in a swimming pool.
  - Maintenance Phase: After 7 days, wash your child 2 times a week for 6 months. Use 1/4 cup of regular strength bleach in a bathtub 1/3 to 1/2 full of water.

- Take off jewelry before bathing.
- Watch your child closely when bathing to keep him or her from drinking the bath water, getting it in the eyes or on any clothing.
- Tip your child's head back and carefully pour the bath water on his or her hair with a cup.
- Rinse your child with clean water after a bath. His or her skin may become dry, so you should use a lotion or moisturizer after bathing.

## Laundry

- Change towels and wash cloths every day.
- Change your child's underwear and pajamas every day.
- Change your child's sheets once a week.
- Wash your child's clothing, sheets and towels in hot water with bleach, if possible. Dry with high heat.

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## Cleaning

- Clean and disinfect soiled and commonly touched surfaces in your home, such as doorknobs, light switches and telephones, every day. Use soap and water, diluted bleach, Lysol® products or Original Pine-Sol® brand cleaner.

## Hand Cleanliness

- Wash hands often and well with soap and water for 15 seconds.
- Keep fingernails clean and short (no artificial or fake nails).

For more information, visit [cdc.gov](http://cdc.gov).

## Helen DeVos Children's Hospital

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This handout does not take the place of a discussion with your doctor.  
Discuss any questions or concerns you may have with your doctor.