

MRSA (抗甲氧苯青黴素 金黃色葡萄球菌)

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.

什麼是 MRSA?

金黃色葡萄球菌又稱葡萄球菌，是一種細菌。許多健康人的皮膚或鼻子內都存在這種細菌。葡萄球菌常常引起皮膚感染，如病變、面皰或癤。這類感染可能會進入手術部位、血液或引起肺炎。如果感染惡化，其症狀可能是疲勞、噁心或嘔吐、呼吸急促、胸痛或心律不整。

抗甲氧苯青黴素金黃色葡萄球菌 (MRSA) 是一種葡萄球菌感染，因為許多常用抗生素對其無效，因此難以治療。MRSA 能夠感染身體每一個部位。MRSA 感染日漸普遍。

MRSA 是如何傳播的?

任何人都可能感染葡萄球菌，但是，以下是感染 MRSA 的高風險族群：

- 與感染葡萄球菌的人有皮膚接觸者。
- 接觸有葡萄球菌附著其上的物品或表面者。例如運動器材、或由無執照的人士進行刺青或穿孔、或前往不乾淨的地方。
- 皮膚上有傷口或擦傷者。

- 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.

- 住在或長時間逗留在擁擠的地方（如日間照護中心）者。
- 從事許多肢體接觸的活動者，例如運動團隊。
- 與他人共用物品者，如毛巾、牙刷、髮梳和運動裝備。
- 免疫系統低下者。
- 皮膚受損者，如濕疹患者。

MRSA 的檢測

如果您或您的小孩皮膚傷口未癒合，或者出現感染症狀，如：發燒、疼痛、發紅、發熱、腫脹或有流出物，請速就醫。

醫生會進行檢測，以確定何種病菌引起感染。這類檢測也能讓醫生確定，使用哪一種抗生素最有效。

如何治療 MRSA?

多數的葡萄球菌感染，包括 MRSA，可以使用某些抗生素治療。

- 如果醫生開立某種抗生素，**務必將所有藥物**依照指示用完，即使感染情況已有好轉也不例外。
- 如果醫生開立藥膏，將藥膏塗抹於**所有**皮膚病變位置，即使最細微處也不例外。
- 如果皮膚感染，醫生可能會開一個切口，將感染膿液排出。如果傷口以紗布包紮，醫生可能會要求您的孩子複診，以便護理傷口。

- **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.

- 勿參與有肢體接觸的運動，直到感染痊癒為止。
- 治療後如果感染未見好轉，請聯絡您的醫生。

如何預防 MRSA 的傳播？

要預防 MRSA 和其他細菌的傳播，應當：

- 以肥皂或清水清洗雙手達 15 至 20 秒或使用酒精洗手液，特別是接觸到病變的皮膚以後。
- 保持皮膚傷口或病變處清潔。用乾淨的乾繃帶包紮傷口直到癒合。
- 勿接觸其他人的傷口或繃帶。
- 勿與他人共用物品，如毛巾、剃刀、衣物或器材。
- 清潔皮膚會接觸到的表面，如運動器材、摔跤墊及居家物品的表面。
- 運動或健身後，用肥皂清洗淋浴。
- 高溫清洗衣物與寢具。如可能，使用漂白水。

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.

何時該就醫？

如有以下狀況，請致電醫生：

- 您或您的孩子的症狀惡化 – 感染部位腫脹、疼痛或發紅加劇。
- 您或您的孩子出現發燒、呼吸困難、或有其他生病症狀，如嘔吐、腹瀉或昏睡。
- 其他家庭成員出現新的皮膚病變。
- 您的孩子不願意服藥。

若您有任何疑問或擔憂，請諮詢您的醫生或護士。