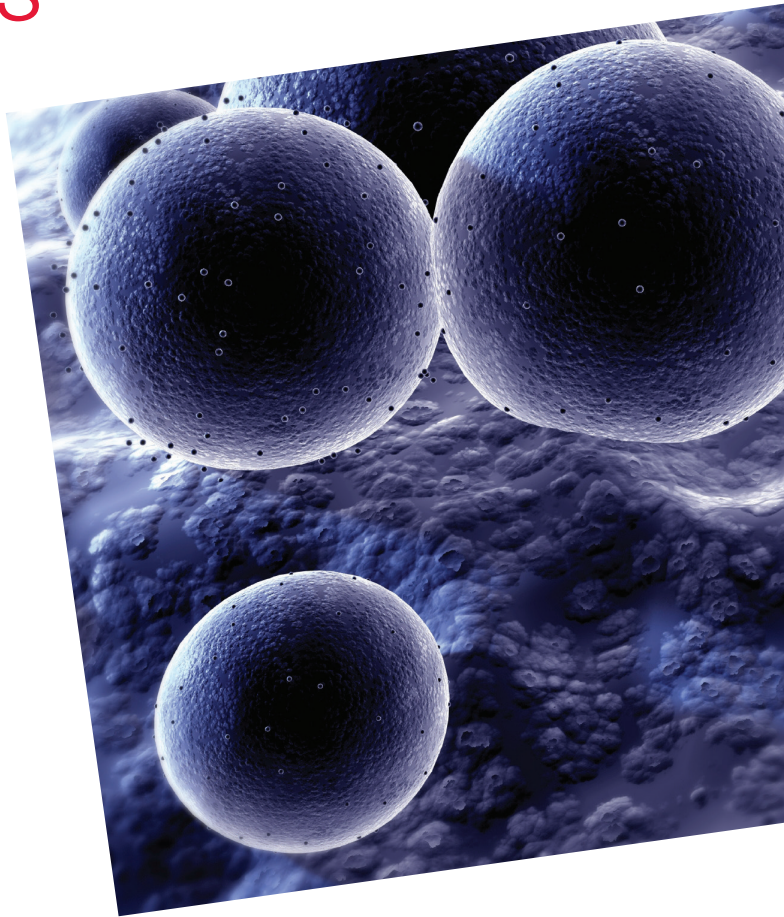


Methicillin Resistant *Staphylococcus Aureus*



The information in this brochure is developed by a team of Infectious Disease doctors and Infection Control nurses. Involved in the planning of the hospital's Infection control and enforcing preventive measures that minimise infection, the team conducts regular education programmes to educate staff on the prevention of infections in a hospital-setting.

What is MRSA?

MRSA stands for Methicillin Resistant Staphylococcus Aureus. It is a bacteria resistant to many antibiotics and can be contracted at a hospital or in the community.

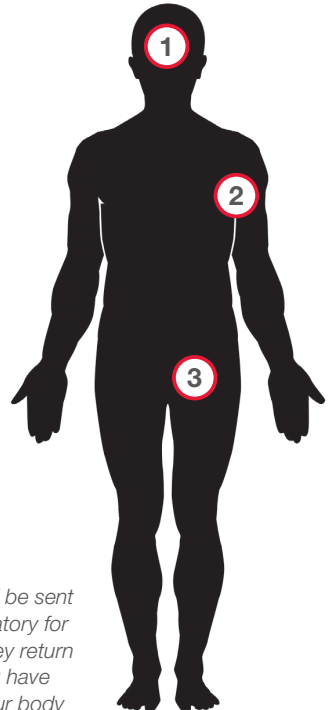
People at high risk

- Patients who have been in the hospital for a long time
- Patients who are sick with long term illnesses
- Patients on dialysis

How do I know if I have MRSA?

An MRSA screening test will be done when you are admitted to the ward and when you are ready to be discharged.

Swabs will be taken from your nose, armpit and groin as indicated on the diagram to your right to test for MRSA.



Samples will be sent to our laboratory for testing. If they return positive, you have MRSA in your body



Specimen swab

Tips to avoid being infected in the hospital

Patients who test positive for MRSA will be separated from other patients to prevent the spread of MRSA.

In some cases, MRSA will go away, but there is always a risk of its return.

All visitors will be taught the correct method of hand hygiene and the precautions to take before entering a room with a MRSA patient in it.

What happens when I go home?

Practice good hand washing habits at all times. Refer to the next page for a step-by-step guide.

Family members who have no large open wounds, skin diseases or weak immunity are unlikely to catch MRSA from an infected family member.



HAND HYGIENE

Clean Hands Save Lives



1 Palm to palm.



2 Right palm over left dorsum with interlaced fingers and vice versa.



3 Palm to palm with interlaced fingers.

Follow these steps
Duration for handrub: **30 seconds**
Duration for handwashing: **60 seconds**



4 Back of fingers to opposing palm with fingers interlocked and vice versa.



5 Rotational rubbing of left thumb clasped in right palm and vice versa.



6 Rotational rubbing backward and forward with clasped fingers of right hand in left palm and vice versa.



7 Rotational rubbing of right wrist and vice versa.

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

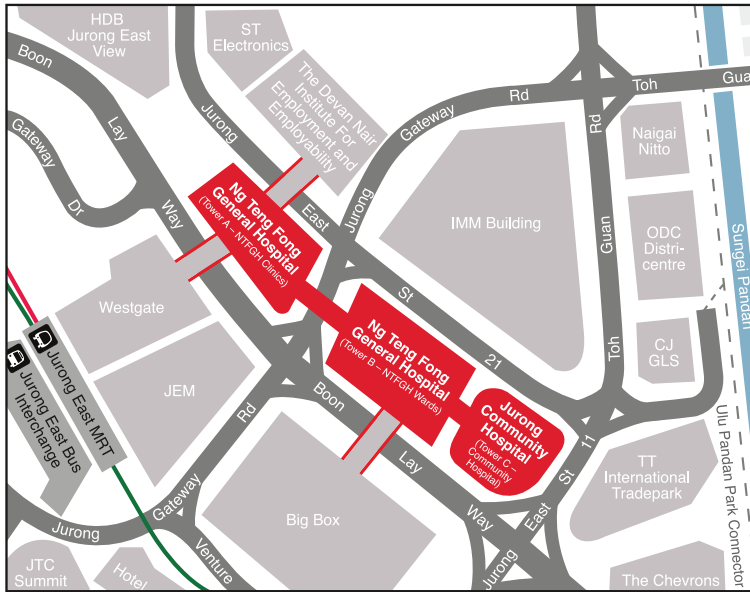
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.