

METHICILLIN RESISTANT STAPH AUREUS (MRSA)

We all have bacteria on our skin all of the time. Some people have MRSA on their skin and it may not cause any problems. This is called “colonization”. However, if this bacteria invades the skin, it may cause a pimple, a painful boil or abscess.

Taking oral antibiotics may help an acute MRSA infections, but it won't totally rid the body of MRSA. There have been some recent studies that have demonstrated strategies that are effective at eradicating MRSA colonization, therefore preventing future episodes of MRSA skin infection.

1. Everyone agrees that basic hygiene is important: good hand washing, use of hand sanitizers, don't share towels, etc.
2. Mix one-half cup of regular Clorox bleach (sodium hypochlorite) into a bathtub that is one quarter filled with lukewarm water. Bathe in this diluted bleach water for 30 minutes daily for 5 days. Keep the undiluted bleach out of your child's reach and keep the bleach water away from your child's eyes and mouth.
3. Apply 2% mupirocin (Bactroban) ointment in both nostrils twice a day for 5 days. This is a prescription ointment.

According to the study, this combination of bleach baths and nasal mupirocin was more effective than other methods of eliminating MRSA and was the only method that was still effective four months after treatment.

If you think that your child has a Staph infection, they need to be seen in the clinic. Sometimes an oral antibiotic alone can work well, but sometimes we need to open and drain a lesion.