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Governor

Judith A. Monroe, M.D.
State Health Commissioner

Indiana State
Department of Health
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Dear Fellow Hoosiers:

Reports of community-acquired methicillin resistant staphylococcus aureus, more commonly known as MRSA, have been widely publicized in recent months and caused some concern for many of you.

In light of the heightened awareness, a MRSA Task Force was formed, consisting of local and state health officials as well as various community partners, to provide Indiana communities with the most current MRSA information and the necessary tools to promote hand washing and healthy hygiene.

To educate Indiana residents on how to care for skin infections, the Indiana State Department of Health and the MRSA Task Force developed the attached "MRSA Resource" packet. It is intended to raise awareness about the important role you and the members of your community play in preventing the spread of MRSA and other infections.

Every Hoosier can help prevent MRSA. For additional information on MRSA, visit the Indiana State Department of Health Web site at: www.statehealth.in.gov/healthinfo/mrsa.htm.


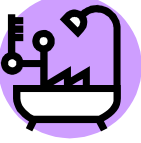







Sincerely,

A handwritten signature in black ink that reads "Judith A. Monroe MD".

JUDITH A. MONROE, M.D.
STATE HEALTH COMMISSIONER

Attachment

Care of Your Skin Infection

 <p>Wash your hands</p>	<p>Use soap and water for at least 15 seconds:</p> <ul style="list-style-type: none"> --after using the toilet --after touching your skin infection or bandages --before eating
 <p>Bathe</p>	<p>Bathe at least once daily using soap and after all athletic practices and competition.</p>
 <p>Change into clean clothes</p>	<p>Change into clean clothes after all athletic practices and competition.</p> <p>Change clothes if wound drainage gets on clothes.</p>
 <p>Launder clothes and towels</p>	<p>Wash athletic uniforms and towels after each use.</p> <p>Use detergent and bleach as appropriate.</p> <p>Dry thoroughly.</p>
 <p>Do not share personal items</p>	<p>Do not let others use your personal items such as razors, nail clippers, clothing, towels, washcloths, bar soap, or deodorant.</p>
 <p>Keep wounds covered</p>	<p>Change your bandage if soiled with drainage. Place used bandages in a bag and discard in trash. Wash your hands.</p> <p>Do not let others touch your infection and do not squeeze or pop pimples or boils.</p>
 <p>Take antibiotics appropriately</p>	<p>Take medication exactly as prescribed.</p> <p>Complete entire course even if you feel better.</p> <p>Do not share medication.</p>
 <p>See your health care provider</p>	<p>Contact your health care provider if your skin becomes red, swollen, painful, or draining pus.</p>
 <p>Seek immediate medical attention</p>	<p>See your health care provider <i>immediately</i> if you have a fever, chills, red streaks from infected area, or drainage increases.</p>

Methicillin-resistant *Staphylococcus aureus* (MRSA)

Information YOU need to know

MRSA is a type of *Staphylococcus aureus* (Staph) bacteria that has developed resistance to the antibiotic methicillin and other antibiotics. Staphylococcal infections, including MRSA, can occur among persons with weakened immune systems in healthcare facilities (such as hospitals, nursing homes and dialysis centers) and in otherwise healthy people who have not been hospitalized or had a medical procedure in the last year, known as community-associated (CA-MRSA).

CA-MRSA infections are usually skin infections, such as abscesses, boils, and other pus-filled lesions. Factors that have been associated with the spread of CA-MRSA skin infections include: close skin-to-skin contact, openings in the skin such as cuts or abrasions, contact with contaminated items and surfaces, crowded living conditions, and poor hygiene.

MRSA is not a new disease, nor is it specific to any location. Proper prevention at all times is extremely important. The following resource material includes information from the Indiana State Department of Health (ISDH), the Centers for Disease Control and Prevention (CDC), and other state health departments. This information may be helpful in reducing your risk.

Community facilities should prepare their own policies and procedures regarding the identification of possible staphylococcal infections, the referral of infected persons for healthcare, and the restriction of activities.

Antibiotic Resistance Facts and Resources

Antibiotic Resistance in Indiana

The Indiana Coalition for Antibiotic Resistance Education Strategies (ICARES) is a group of health care organizations that have collaborated to educate individuals about the harm caused by unnecessary antibiotic use and to reduce the incidence in Indiana. A variety of brochures, fact sheets, posters, and stickers are available. <http://www.icares.org/>

Anti-B's Coloring Sheet

This coloring book from the Texas Department of State Health Services provides education for children related to antibiotic resistance.

[http://www.dshs.state.tx.us/idcu/health/antibiotic resistance/educational/antibio_edu_coloring_sheet.pdf](http://www.dshs.state.tx.us/idcu/health/antibiotic%20resistance/educational/antibio_edu_coloring_sheet.pdf)

Antibiotic Use and Antibiotic Resistance Quick Facts

This fact sheet from ISDH describes what antibiotic resistance is and how you can prevent it. http://www.in.gov/isdh/healthinfo/QuickFact_PDFs/AtbResistance.pdf

Campaign to Prevent Antimicrobial Resistance

This CDC initiative aims to prevent antimicrobial resistance in healthcare settings. Four main strategies included are infection prevention, diagnosis and treatment of infection, and proper use of antimicrobials

Educational materials for patient populations include fact sheets, cards, posters, and slide sets.
<http://www.cdc.gov/drugresistance/healthcare/default.htm>

Get Smart: Know When Antibiotics Work

This CDC campaign aims to educate individuals to reduce the rate of antibiotic resistance. Educational brochures, posters, fact sheets for patients and providers are available.
<http://www.cdc.gov/drugresistance/community/>

CA-MRSA Facts and Resources

CA-MRSA

This CDC overview of CA-MRSA includes prevention and control. A series of educational posters and information sheet are available. http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca.html

Learning About MRSA: A Guide for Patients

This booklet includes information on the transmission, treatment, and prevention of MRSA from the Minnesota Department of Health.

<http://www.health.state.mn.us/divs/idepc/diseases/mrsa/book.pdf>

MRSA Quick Facts

This fact sheet from ISDH describes what MRSA is, who is at risk, and how MRSA is prevented.
http://www.in.gov/isdh/healthinfo/QuickFact_PDFs/mrsa.pdf

Prevention and Containment of Staphylococcal Infections in Communities

This guidance from the Texas Department of State Health Services includes infection, cleaning and training logs. http://www.dshs.state.tx.us/idcu/health/antibiotic_resistance/mrsa/Prevention.pdf

Questions & Answers: Staph/MRSA Skin Infections

This fact sheet from the County of Los Angeles Department of Health Services provides general information about MRSA. <http://lapublichealth.org/acd/docs/StaphBrochureENG.pdf>

CA-MRSA in Athletics

A Guide for Coaches: Preventing the Spread of Bacteria Among Your Athletes

This brochure from the New York State Department of Health provides prevention strategies for coaches.

<http://www.health.state.ny.us/publications/signature/1496.pdf>

A Good Offense is Still the Best Defense

Athletic poster from Texas Department of State Health Services.

http://www.dshs.state.tx.us/idcu/health/antibiotic_resistance/educational/

Information on Staphylococcal Infections For School Athletic Departments

This guidance from the Texas Department of State Health Services provides information in creating policy for management of MRSA in athletics.

http://www.dshs.state.tx.us/idcu/health/antibiotic_resistance/mrsa/mrsaathleticdepartment.pdf

Information on Staphylococcal Infections in School Athletic Departments: Instructions for the Athlete

This document from the Texas Department of State Health describes strategies to prevent staphylococcal infections. http://www.dshs.state.tx.us/idcu/health/antibiotic_resistance/mrsa/mrsa_athlete.pdf

Prevention of MRSA in Athletic Setting

This is a video for middle school and high school athletes from the Mecklenburg County (North Carolina) Health Department

[.http://www.charmeck.org/Departments/Health+Department/Top+News/MRSA.htm](http://www.charmeck.org/Departments/Health+Department/Top+News/MRSA.htm)

Questions and Answers about MRSA for School Athletic Professionals

This fact sheet from the Massachusetts Department of Public Health provides detailed information regarding MRSA in the athletic setting, including posters.

http://www.mass.gov/dph/cdc/antibiotic/mrsa_school_athletics.htm#links

Skin Infections in Athletes

This educational material from the Minnesota Department of Health includes a fact sheet, booklets, posters, and flyers for athletes, families, and coaches. Information includes skin examination, bandage changing, and hand washing.

<http://www.health.state.mn.us/divs/idepc/dtopics/athlete>

Staphylococcus aureus and the Athlete Quick Facts

This fact sheet from the ISDH describes why an athlete is at risk for MRSA infections and how to prevent them.

http://www.in.gov/isdh/healthinfo/QuickFact_PDFs/StaphylococcusAureus.pdf

CA-MRSA in Childcare Centers

Information on Staphylococcal Infections for Day Care Administrators and Care Givers

These are guidelines in creating policy for management of MRSA in daycare facilities from the Texas Department of State Health Services.

http://www.dshs.state.tx.us/idcu/health/antibiotic_resistance/mrsa/mrsa_daycareadmin.pdf

Information on Staphylococcal Infections in Day Care Facilities: Instructions for the Parents

These are strategies for parents to prevent staphylococcal infections in child care facilities from the Texas Department of State Health Services.

http://www.dshs.state.tx.us/idcu/health/antibiotic_resistance/mrsa/mrsaparents.pdf

MRSA Toolkit for Childcare Centers

These are educational materials for childcare workers, parents and children from the Tacoma Pierce County (Washington) Health Department. <http://www.tpchd.org/page.php?id=344>

CA-MRSA in Correctional Facilities

Federal Bureau of Prisons: Management of MRSA Infections, 2005

This document provides guidance from the Federal Bureau of Prisons about recommendations for the prevention, treatment, and containment of MRSA infections within correctional facilities.

<http://www.bop.gov/news/PDFs/mrsa.pdf>

MRSA and Staph: What You Need to Know To Protect Yourself at Work

This slide presentation from the Texas Department of State Health Services for correctional facility employees describes guidelines to prevent MRSA infections.

http://www.dshs.state.tx.us/idcu/health/antibiotic_resistance/mrsa/mrsa_protect.ppt#256.2,MRSA

Prevention, Treatment, and Containment of MRSA in County Jails

This document from the Texas Department of State Health Services outlines clinical informational guidelines for MRSA in county jails.

http://www.dshs.state.tx.us/idcu/health/antibiotic_resistance/mrsa/prevention_treatment.pdf

Unlock Your Skin's Health

This fact sheet from the Texas Department of State Health Services outlines prevention measures for incarcerated persons.
http://www.dshs.state.tx.us/idcu/health/antibiotic_resistance/mrsa/skinhealthplacard.pdf

Facts for Custodians

MRSA toolkit for School Custodians

This toolkit includes a MRSA fact sheet, custodian guidance, and poster from the Tacoma Pierce County Health Department. <http://www.tpchd.org/page.php?id=386>

Hand washing Facts and Resources

Hand washing Quick Facts

This fact sheet from the ISDH details why hand washing is important.
<http://www.in.gov/isdh/healthinfo/handwashing.htm>

Guidelines for Hand Hygiene in Healthcare Settings, 2002

This document describes a strategy to reduce health care infections using hand hygiene guidelines developed by CDC. http://www.cdc.gov/ncidod/dhqp/gl_handhygiene.html

Materials to Promote Hand Hygiene in Healthcare Facilities

This link includes slide sets, posters, and buttons from the CDC. <http://www.cdc.gov/handhygiene/>

Wash Your Hands

This link includes a hand washing poster from the Texas Department of State Health Services.
http://www.dshs.state.tx.us/idcu/health/antibiotic_resistance/mrsa/Handwashing_poster.pdf

MRSA in the Healthcare Setting

MRSA in Healthcare settings

This fact sheet from CDC describes general issues related to MRSA infections in health care settings.
<http://www.cdc.gov/Features/MRSA/>

Healthcare-Associated MRSA

This CDC overview of healthcare-associated MRSA includes information on prevention and control and educational posters.

http://www.cdc.gov/ncidod/dhqp/ar_mrsa.html

Hospital vs. Home Setting Precautions for Antibiotic Resistant Bacteria

This fact sheet from the Texas Department of State Health Services provides precautions used in the hospital.

http://www.dshs.state.tx.us/idcu/health/antibiotic_resistance/mrsa/antibio_edu_home_hospital.pdf

Management of Multidrug-Resistant Organisms in Healthcare Settings, 2006

This CDC document outlines the Healthcare Infection Control Advisory Committee recommendations to prevent the transmission of MRSA and other MDROs.

<http://www.cdc.gov/ncidod/dhqp/pdf/ar/mdroGuideline2006.pdf>

MRSA in the Home

Taking Care of Wounds That Are Draining or Have Not Healed

This fact sheet from the Texas Department of State Health Services describes how to properly change bandages. http://www.dshs.state.tx.us/idcu/health/antibiotic_resistance/mrsa/Taking_care_wounds.pdf

Living With MRSA

This 12-page booklet discusses how to control the spread of MRSA in the home.

http://www3.doh.wa.gov/here/materials/PDFs/12_MRSAPage_E07L.pdf

MRSA in Clinics/Offices

MRSA Toolkit for Outpatient Clinics/Offices

These educational materials from Tacoma Pierce County Health Department include a policy and procedure check list, cleaning, slide presentation, treatment algorithm, and posters.

<http://www.tpchd.org/page.php?id=336>

Facts for Medical Providers

CA-MRSA Information for Clinicians

This CDC fact sheet provides information about risk factors, transmission, diagnosis, and treatment of CA-MRSA. http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca_clinicians.html

Questions and Answers about MRSA for Healthcare Professionals

This fact sheet from the Massachusetts Department of Public Health providing detailed information about MRSA as related to the healthcare providers practice.

http://www.mass.gov/dph/cdc/antibiotic/mrsa_healthcare.htm

CA-MRSA Photographs

This page details photos of MRSA from the Texas Department of State Health Services.

http://www.dshs.state.tx.us/idcu/health/antibiotic_resistance/mrsa/picpage.asp

Facts for the Non-Hospital Healthcare Setting

MRSA and the Workplace

This CDC and National Institute for Occupational Safety and Health (NIOSH) fact sheet addresses information about MRSA.

<http://www.cdc.gov/niosh/topics/mrsa/>

Multidrug Resistant Organisms in Non-Hospital Healthcare Settings

This CDC fact sheet addresses prevention and control in a non-hospital healthcare facility.

http://www.cdc.gov/ncidod/dhqp/ar_multidrugFAQ.html

CA-MRSA in Schools

Questions and Answers about MRSA in Schools

This CDC fact sheet for parents and school officials discusses MRSA prevention.

<http://www.cdc.gov/Features/MRSAinSchools/>

MRSA Guidelines for Indiana Schools

This ISDH document outlines guidance for Indiana schools.

<http://www.in.gov/isdh/dataandstats/epidem/2004/sep/guidelines.pdf>

MRSA Toolkit for Elementary Schools

These educational materials from the Tacoma Pierce County Health Department include guidance for school nurses, cleaning, infection control checklist, slide set, and posters.

<http://www.tpchd.org/page.php?id=399>

MRSA Toolkit for Middle & High Schools

These educational materials from the Tacoma Pierce County Health Department target school health, coaches, athletes, custodians, students, and parents using brochures, fact sheets, and posters.

<http://www.tpchd.org/page.php?id=364>

Questions and Answers about MRSA for School Health Professionals

This fact sheet from the Massachusetts Department of Public Health includes detailed information related to school situations.

http://www.mass.gov/dph/cdc/antibiotic/mrsa_school_health.htm

Information for Veterinarians

Facts for Veterinarians about MRSA

This brochure from the Ohio State University Veterinary Teaching Hospital provides general information for veterinarians about MRSA infections in animals.

<http://www.odh.ohio.gov/ASSETS/4FF0B27FC779400284CB5EB6FFE09156/OSUMRSAVets.pdf>

Facts About MRSA for Companion and Recreational Animal Owners

This brochure from the Ohio State University Veterinary Teaching Hospital provides general information about MRSA for companion animal and pet owners.

<http://www.odh.ohio.gov/ASSETS/9C5A177A034D47C3BBF7DA81732A0A9D/OSUMRSAPets.pdf>

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