# MRSA 引起的皮膚感染

英文通常讀作*mersa*或*M-R-S-A*

## 如何防止感染MRSA？

- **經常**用肥皂和清水**洗手** - 至少搓洗雙手15秒鐘，並用力擦洗手指間隙和指甲周圍。
- 在觸摸自己的眼睛、鼻子、嘴、生殖器、暗瘡、癤瘡、潰瘍或紅疹**之前或之後，必須洗手**。
- 如果沒有肥皂和清水，**可用**酒精含量至少60%的**潔手劑清潔雙手**。
- **應仔細護理割傷、擦傷和潰瘍處。**用肥皂和清水清洗。保持患處乾燥，並用繃帶覆蓋，四周用膠布黏貼，直至癒合為止。
- **不要共用**毛巾、剃鬚刀、固體肥皂、牙刷和其他個人用品。
- **不要觸摸**他人的傷口、潰瘍和紅疹。不要觸蹤曾經接觸過他人患處的物品，例如毛巾。
- **運動、健身器材和衣物**每次**使用後都應進行清潔處理或清洗。**
- **祇能服用根據醫師處方而獲得的抗生素。**如果醫師為您開了處方，一定要堅持把整瓶藥服完，因為最後幾粒藥可殺死最頑固的細菌。

## 甚麼是MRSA？

MRSA是methicillin-resistant *Staphylococcus aureus*的縮寫，即「抗藥性金黃葡萄球菌」。這是一種對某些抗生素有抗藥性的細菌。常規抗生素無法殺死有抗藥性的細菌。

很多人皮膚表面沾染細菌，但並不造成危害。但是，有時這些細菌可透過皮膚創口侵入體內，並引起感染。如果引起感染的細菌具有抗藥性，例如MRSA，則更難治療。這種感染也可能很嚴重，尤其是治療不當或深處感染時，例如肺部感染。

## MRSA的表症如何？

MRSA引起的皮膚感染表症不盡相同。**不要自行判斷自己是否已感染MRSA。**如果您有如下皮膚感染症狀，應給醫生打電話：

- 看上去像蜘蛛咬傷的潰瘍 - 但MRSA並非由蜘蛛咬傷而引起。
- 大面積、**紅色**、**有痛感**的皮下腫塊。
- **腫脹、發熱、流膿或流血**的創傷或潰瘍。
- 充滿液體的**水泡**。

## MRSA是否會傳染？

**是的。**觸蹤他人的患處或受感染的物品，例如毛巾，便有可能感染MRSA。如果皮膚上有創傷，這些細菌可能侵入您的體內，並引起感染。遵守本資料頁左側的步驟，有助於降低感染MRSA的風險。

**感染MRSA者可協助防止將此病傳染給別人。**皮膚患處應用繃帶蓋住，四周用膠布黏貼，直至癒合為止。如果患處無法覆蓋或液體從繃帶處漏出，那麼在患處癒合之前，不應上班、上學、去幼稚園、健身房、游泳池或水療池。

## MRSA是否能治愈？

**是的。**MRSA須由醫師來治療。治療方法包括排出患處的液體，服用某類抗生素，或使用特殊肥皂或油膏。請務必遵循醫囑。

已接受醫師治療MRSA感染者，如果有新症狀，患處不癒合或惡化，或治癒後又復發，則應再次就醫。

## 若需瞭解相關MRSA的詳情

請致電當地健康部門或瀏覽網站：
**www.doh.wa.gov/Topics/Antibiotics/MRSA.htm**

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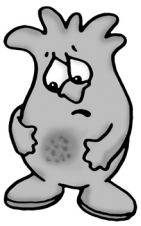
此文件還備有其他版本格式，可供殘障人士索取。請打電話索取，電話號碼是1-800-525-0127（TDD/TTY專線：1-800-833-6388）。



# Skin Infections from MRSA

often pronounced *mersa* or *M-R-S-A*

## How can I protect myself from getting MRSA?

- **Wash your hands often** with soap and water—rub your hands together for at least 15 seconds and scrub between fingers and around nails.
- **Wash your hands before and after** you touch your eyes, nose, mouth, genitals, pimples, boils, sores or rashes.
- **Use a hand gel** with at least 60% alcohol to sanitize your hands if soap and water are not available.
- **Take good care of cuts, scrapes, and sores.** Clean them with soap and water. Keep them dry and covered with a bandage, taped on all sides, until they are healed.
- **Don't share** towels, razors, bar soap, toothbrushes or other personal items.
- **Don't touch** other people's cuts, sores or rashes. Don't touch anything that has touched other people's infections, like a towel.
- **Clean sports equipment, gym equipment and clothing** after each use.
- **Only take antibiotics when they are prescribed to you by a doctor.** If you get a prescription, always finish the whole bottle—the last few pills kill the toughest germs.

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For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 1-800-833-6388).

## What is MRSA?

MRSA stands for methicillin-resistant *Staphylococcus aureus*. It is a type of bacteria that are resistant to certain types of antibiotics. When bacteria are resistant, it means that they can't be killed by common antibiotics.

Many people have bacteria on their skin that don't cause any harm. However, sometimes these bacteria can get inside the body through a break in the skin and cause an infection. Infections caused by resistant bacteria, like MRSA, are more difficult to treat. They can also be very serious, especially if they are not treated properly or happen in deeper areas of the body like the lungs.

## What does MRSA look like?

Skin infections from MRSA don't all look the same. **Don't try to decide on your own if you have a MRSA infection.** Call your doctor if you have signs of a skin infection such as:

- A **sore** that looks like a spider bite—MRSA is not caused by spiders.
- A large, **red**, **painful** bump under the skin.
- A cut or sore that is **swollen, hot, and oozing pus or blood**.
- **Blisters** filled with fluid.

## Is MRSA contagious?

**Yes.** You can pick up MRSA bacteria by touching someone's infection or anything that comes in contact with that infection, like a towel. If you have a break in your skin, these bacteria could get in your body and cause an infection. You can lower your risk of getting an infection from MRSA by following the steps on the left side of this fact sheet.

**People who have MRSA can help prevent it from spreading to others.** Skin infections should be covered with a bandage, taped on all sides, until they are healed. If the infection can't be covered, or if fluid leaks from the bandage, you should not go to work, school, child care, gyms, pools or spas until the infection has healed.

## Can MRSA be treated?

**Yes.** MRSA infections should always be treated by a doctor. Treatment may include draining the infection, taking certain antibiotics, or using special soap or ointment. It is very important that you follow your doctor's instructions.

People already being treated for a MRSA infection should see a doctor if they have new symptoms, if the infection doesn't heal or gets worse, or if the infection goes away and then comes back.

## For more information on MRSA

Call your local health department or visit:
**www.doh.wa.gov/Topics/Antibiotics/MRSA.htm**