



## How can I protect myself from contracting a multidrug-resistant organism if my family member has it?

Healthy people are at low risk of contracting these organisms. Caregivers should perform the following when caring for family members who are colonized or infected with multidrug-resistant organisms:

- Wash their hands with soap and water after contact with the colonized or infected person and before leaving their home,
- Dry their hands with disposable towels and discard or launder cloth towels after each use,
- Wear disposable gloves if they come in contact with bodily fluids and wash their hands after removing the gloves,
- Wash all clothes, towels, and linens of the infected or colonized person separate from other family members, and
- Routinely clean the person's environment especially when the environment is soiled with bodily fluids.

Source: Centers for Disease Control and Prevention (CDC) and Oklahoma State Department of Health (OSDH)

## Local Resources

For information on MDROs visit our website at:

<http://www.tulsa-health.org/community-health/epidemiology/>

or write:

Tulsa Health Department  
Planning & Epidemiology  
5051 S. 129th E. Ave.  
Tulsa, OK 74134

Other Contact Information:

Phone: 918/595-4505

Fax: 918/595-4588

E-mail: [epidemiology@tulsa-health.org](mailto:epidemiology@tulsa-health.org)

For more information on MDROs, visit:

•Oklahoma State Department of Health  
(405) 271-4060  
<http://www.health.state.ok.us/program/MRSAFactsheet.pdf>

•Centers for Disease Control and Prevention  
(888) 443-7232  
[www.cdc.gov/ncidod/hip/ARESIST/nrsa\\_comm\\_faq\\_print.htm](http://www.cdc.gov/ncidod/hip/ARESIST/nrsa_comm_faq_print.htm)

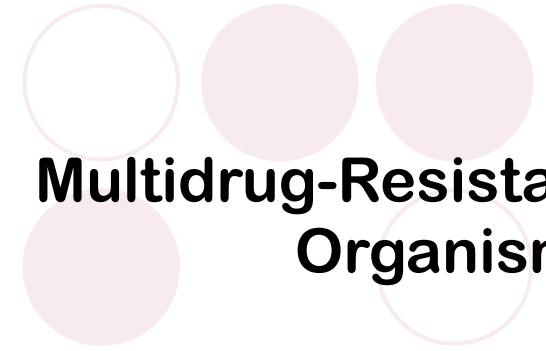


**TULSA HEALTH**  
DEPARTMENT

Prepared by Planning & Epidemiology

Revised 10/07

Form 6190.050



# Multidrug-Resistant Organisms

Multidrug-resistant organisms (MDROs) are bacteria and other organisms that have developed resistance to certain antibiotics. These antibiotics include methicillin and other more common antibiotics such as penicillin and amoxicillin. Of the multidrug-resistant organisms, Methicillin-resistant *Staphylococcus aureus* (MRSA) is perhaps the most well known.

MRSA, like other staph infections, occur most frequently among persons in hospitals and healthcare facilities (such as nursing homes) who have weakened immune systems. MRSA infections that occur in otherwise healthy people who have not been recently hospitalized or had a medical procedure are known as community-associated infections or CA-MRSA.

**TULSA HEALTH DEPARTMENT**

HEALTHY CHOICES. HEALTHY PEOPLE. HEALTHY COMMUNITY.

# Multidrug-Resistant Organisms (MDROs)

## My doctor says I am colonized but not infected, what does this mean?

- ☛ Colonization means the organism is in or on the body but does not cause illness.
- ☛ Infection means the organism is present and causing illness.

*If you are infected, please seek medical attention for treatment.*

## How are multidrug-resistant organisms spread?

These organisms are spread by:

- ☛ Direct contact with an infected or colonized person,
- ☛ Indirect contact with contaminated objects such as towels, linens, wound dressings, clothes, workout equipment, or other objects, and
- ☛ Use of medical equipment contaminated by an infected or colonized person.

## How do people get skin infections?

Many different types of bacteria are commonly found on the skin or in the nose of healthy people. These bacteria can cause an infection when a break in the skin (scratch, insect bite) gives the bacteria a place to grow.

## Are some people more susceptible than others?

Yes, there are many risk factors including:

- ☛ advanced age,
- ☛ underlying diseases or conditions,
- ☛ repeated visits to the hospital,
- ☛ previous colonization by multidrug-resistant organisms, and
- ☛ invasive procedures such as dialysis, urinary catheterization and the presence of invasive devices.

## How should I treat a skin infection?

Skin infections are usually mild and can be treated with basic wound care.

- ☛ Keep the area cleaned and protected with a bandage,
- ☛ Keep all wound drainage controlled.
- ☛ Good hand hygiene after touching or caring for a wound can help stop further infections,
- ☛ If infections keep occurring and basic treatment is not helping see a health care provider who can prescribe antibiotics, and
- ☛ If antibiotics are prescribed, proper use of them is important. Incorrect use has caused some bacteria to become drug resistant.

## What do skin infections look like?

Skin infections can appear like any of the following:

- ☛ Cellulitis: skin is inflamed and usually red and sore.
- ☛ Impetigo: Blistered sores or irritated skin with honey colored crust or scab.
- ☛ Folliculitis: Infection of a hair follicle (where hair comes out of the skin).
- ☛ Furunculosis: Deeper infection below a hair follicle.
- ☛ Carbuncle: Many hair follicles close together are infected.
- ☛ Abscess: Pus-filled mass below the skin's surface.
- ☛ Infected laceration: Infected cut or scratch.



Cellulitis



Cutaneous Abscess

## How do you prevent skin infections?

When you notice a break in your skin:

- ☛ Wash it with soap and running water,
- ☛ Put a clean, dry bandage over it, and
- ☛ Change the bandage if it becomes wet, dirty, or loose.

*Keeping skin clean and free from contamination will help prevent infections.*