

SUBJECT: Guidelines for Shelter Staff: Methicillin Resistant <i>Staphylococcus Aureus</i> (MRSA) Infection	APPLICABLE TO: All shelters and DHS facilities	ISSUED: April 11, 2019
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ADMINISTERED BY: Office of the Medical Director	APPROVED BY: Joslyn Carter, Administrator Department of Social Services/ Department of Homeless Services
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■ PURPOSE

The purpose of this procedure is to provide guidance to Department of Homeless Services (DHS) shelter and facility staff for the management of clients with Methicillin Resistant *Staphylococcus aureus* (MRSA) infection who are residing in shelters or other DHS facilities.

■ BACKGROUND

MRSA, or Methicillin Resistant *Staphylococcus aureus*, is a type of *Staphylococcus* infection that is resistant to certain antibiotics.¹ Many people (25-30% in the United States²) have staphylococcal (staph) bacteria on their skin and in their noses, without any symptoms. These bacteria are generally harmless, but they sometimes cause infection through breaks in the skin.³ Staph skin infections may be treated by incision and drainage. If one develops a skin infection that doesn't heal on its own or after antibiotics, a doctor may order the bacteria tested to determine whether a resistant strain (MRSA) is present and may prescribe an antibiotic, if necessary.

¹ CDC (2016). General Information MRSA. Available at: <https://www.cdc.gov/mrsa/community/index.html>

² NYC Department of Health and Mental Hygiene. Methicillin-resistant *Staphylococcus Aureus* (MRSA). Available at: <https://www1.nyc.gov/site/doh/health/health-topics/mrsa.page>

³ NYC Department of Health and Mental Hygiene. Methicillin-resistant *Staphylococcus Aureus* (MRSA). Available at: <https://www1.nyc.gov/site/doh/health/health-topics/mrsa-children.page>

Staph infection can spread when an infected person's uncovered wound touches another person's skin. The infection can also spread if pus from the wound gets on shared objects or surfaces, such as towels, razors, bedding, equipment or clothing. Most MRSA infections are benign skin infections which can be covered by dressing or clothing to prevent transmission.

For more information on MRSA refer to the MRSA Fact Sheet (**DHS-21**).

■ DEFINITIONS

- **Client:** Person who is experiencing homelessness and receiving services in DHS facility.
- **Facility (DHS facility):** DHS-operated facility or program or DHS-contracted facility or program, which provides services to clients. These include congregate shelters, drop-in and reception centers, Safe Havens, Tier IIs, commercial hotels, and cluster sites.
- **Patient:** A client with a confirmed diagnosis of MRSA.
- **Weeping Wound:** Pus or watery fluid like discharge from the wounds, sometimes accompanied by a strong smell.

■ REQUIRED ACTION

A. Notification

- If facility staff become aware that a client is diagnosed with MRSA, staff must immediately inform the facility director and proceed as per this procedure.
- If the Department of Health and Mental Hygiene (DOHMH) becomes aware of a person diagnosed with MRSA and who is homeless, DOHMH must immediately notify DHS Office of the Medical Director (OMD) and provide the name and date of birth of the patient. DHS OMD will inform the appropriate DHS program about the patient.

B. Management of clients with a known diagnosis of MRSA

- **Wound is clean, covered, and not weeping or bleeding**
 - Facility staff will ask the client if they were treated by a medical provider.
 - Facility staff must ask for discharge or follow-up documentation.
 - If a client does not have discharge or follow-up documentation, facility staff will ask for consent to call the hospital to verify diagnosis and treatment.

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- If the client was treated, no further action is needed.
 - If the client was not treated, and the shelter has an onsite medical clinic, facility staff will consult their clinic. If there is no onsite clinic, refer client to their primary care provider or a local clinic or hospital, and ask the client to return with a note from their doctor.
- **One or more weeping or bleeding wounds**
 - If the facility has an on-site clinic or the client has a primary care medical provider, the client will be asked to go for wound assessment and dressing to the on-site clinic or their provider based on the client's preference.
 - If the facility has no onsite clinic or the client does not have a provider, facility staff will ensure that the client goes to an urgent care center or to a hospital for care.
 - After work hours, if the shelter or site is a congregate setting and if the patient is untreated, facility staff will call 911 to take the client to a hospital.
 - For clients with untreated weeping wound and awaiting transport to the hospital, shelter staff will:
 - Separate the patient from other clients.
 - Avoid any skin to skin contact with the patient.
 - Offer bandages or tissue to cover the wounds.
 - Wash hands after contact with the patient, using soap and warm water or alcohol based hand sanitizer.
 - Upon return to shelter, ask the patient to present discharge documentation from the hospital, indicating the treatment and follow up recommendations.

C. Advice for facility staff

- **Cleaning the room or bed that patient with MRSA used**
 - Staff at Safe Haven, Adult Families and Families with Children will offer to clean units and linens of the patient. If the patient refuses for staff to clean unit and linens, the staff will provide instructions to clean and will verify with the patient that the cleaning was done as per the instructions.
 - Wear gloves when cleaning and disinfecting surfaces. Always wash hands with soap and warm water after removing gloves.
 - Wipe thoroughly all environmental surfaces touched by patient using a household disinfectant and allow it to air dry. List of EPA registered products effective against MRSA are given here <https://bit.ly/2uYIKkh>.

- If a surface is visibly contaminated with body fluids: using gloves, clean the surface, discard towel, re-wipe or spray with disinfectant, and let it air dry.
 - Wash dirty communal laundry in detergent and water at 160° F for at least 25 minutes.
 - Use a mechanical dryer on hot temperature cycle (i.e., avoid air drying).
 - Provide new or clean linens- use only when they are completely dry.
- **Infection control**
 - Shelter/site staff should take the same precautions for all clients with wounds, regardless of whether they have an infected wound, with or without MRSA infection. This is called 'Universal Precautions'. These precautions include keeping the wounds covered, encouraging clients to wash their hands and for staff to practice hand hygiene.
 - Ensure handwashing supplies such as soap dispensers, rather than soap bars, and alcohol based hand sanitizers are available at all times.
 - Display handwashing posters at all times in the common areas and inside restrooms.
- **Client education**
 - Facility staff must educate the client and provide the:
 - MRSA Fact Sheet (**DHS-21**)
 - Educational Messages to Prevent MRSA for Adults Residing in Shelters and Safe Have (**DHS-21a**) (for Single Adult and Adult Families only)
 - Education Messages to Prevent MRSA for Children and Adults Residing in Family with Children Shelters (**DHS-21b**) (For Family with Children only)
 - Advice for Clients to Prevent the Spread of MRSA (**DHS-21c**)

For more information on MRSA call 311 or go to
<http://www1.nyc.gov/site/doh/health/health-topics/mrsa.page>

Effective Immediately

■ ATTACHMENTS

DHS-21 (E)	MRSA Fact Sheet (04/11/2019)
DHS-21 (S)	MRSA Fact Sheet (Spanish) (04/11/2019)
DHS-21a (E)	Educational Messages to Prevent MRSA for Adults Residing in Shelters and Safe Haven (04/11/2019)

- DHS-21a (S)** Educational Messages to Prevent MRSA for Adults Residing in Shelters and Safe Haven (Spanish) (04/11/2019)
- DHS-21b (E)** Education Messages to Prevent MRSA for Children and Adults Residing in Family with Children Shelters (04/11/2019)
- DHS-21b (S)** Education Messages to Prevent MRSA for Children and Adults Residing in Family with Children Shelters (Spanish) (04/11/2019)
- DHS-21c (E)** Advice for Clients to Prevent the Spread of MRSA (04/11/2019)
- DHS-21c (S)** Advice for Clients to Prevent the Spread of MRSA (Spanish) (04/11/2019)

MRSA Fact Sheet

What is MRSA*?

MRSA, or methicillin-resistant *Staphylococcus aureus*, is a bacterial infection that is resistant to certain antibiotics. Many people — 25% to 30% in the United States — have Staph (*Staphylococcus*) bacteria on their skin and in their noses. These bacteria are generally harmless, but they sometimes cause infection through breaks in the skin.

Staph skin infections may be treated by incision and drainage. If you develop a skin infection that doesn't heal normally, a doctor can test the bacteria to determine whether you have MRSA and prescribe antibiotics, if necessary.

Who Gets MRSA?

Anyone can get MRSA, but athletes, children, drug users and gay men can be more at risk, due to the types of physical contact they have with others. Older adults, people in hospitals and those with diabetes or HIV are particularly vulnerable because their immune systems are often weakened. MRSA outbreaks can happen more easily when people live closely together in places like shelters or long-term care facilities.

How Does MRSA Spread?

MRSA can spread when an infected person's uncovered wound touches another person's skin. The infection can also spread if pus gets on shared objects or surfaces, such as towels, razors, bedding or clothing.

How Can I Tell If I Have MRSA?

If a cut or wound is red, swollen, painful, warm to touch pus-filled, and accompanied by fever this could be a sign of infection. See a doctor to find out what kind of infection you have.

Do I Have to See a Doctor?

If your cut or wound is not healing or getting worse, or if you develop a fever, you should see a doctor. An untreated infection can move to other parts of your body, such as your lungs, and become more serious, even fatal.

Can't I Just Squeeze the Infection Out of My Cut?

No, squeezing will not eliminate the bacteria, and it can cause the infection to spread.

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* <https://www1.nyc.gov/site/doh/health/health-topics/mrsa-general.page>

Can I Use Some Antibiotics I Have At Home Instead of Seeing a Doctor?

No, only certain antibiotics will work on MRSA. And only a doctor can determine which treatment your infection requires.

How Can I Prevent an MRSA Infection?

Wash your hands often. Use soap and water, and scrub for at least 20 seconds. If soap and water are not available, alcohol-based hand sanitizer may be used on hands that are not visibly dirty.

For more information visit <https://www1.nyc.gov/site/doh/health/health-topics/mrsa.page>.

SAMPLE

Hoja Informativa sobre SARM

¿Qué es SARM*?

SARM (MRSA, por sus siglas en inglés), o el *Staphylococcus aureus* resistente a la meticilina, es una infección bacteriana resistente a ciertos antibióticos. Muchas personas — de un 25% a 30% en los Estados Unidos — padecen la bacteria del estafilococo (*Staphylococcus*) en la piel y en la nariz. Esta bacteria es generalmente inocua, pero a veces causa infección mediante rupturas en la piel.

Las infecciones cutáneas por estafilococos se tratan con incisiones y drenaje. Si usted desarrolla una infección de la piel que no sana normalmente, un médico puede examinar la bacteria para determinar si usted ha contraído SARM y recetarle antibióticos, si necesario.

¿Quién contrae SARM?

Cualquier persona puede contraer SARM, pero los atletas, los niños, las personas que usan drogas y los homosexuales pueden correr un mayor riesgo, debido al tipo de contacto físico con los demás. Las personas mayores, los pacientes en hospitales y las personas con diabetes o VIH son particularmente vulnerables, puesto que su sistema inmune se encuentra frecuentemente debilitado. Los brotes de SARM pueden darse con propensión en lugares donde la gente convive estrechamente, como refugios o establecimientos de cuidado de salud a largo plazo.

¿Cómo se propaga SARM?

SARM puede propagarse al tener la piel en contacto con una herida expuesta de otra persona. La infección también puede propagarse si el pus se rege a objetos o superficies en áreas comunes, como toallas, navajas, ropa de cama o ropa personal.

¿Cómo puedo saber si tengo SARM?

Si una cortada o herida está enrojecida, hinchada, tibia al tacto, llena de pus y acompañada por fiebre y ser dolorosa, esto podría ser una señal de infección. Consulte a un médico para cerciorarse de qué tipo de infección se trata.

¿Debo consultar a un médico?

Si la cortada o herida no sana o empeora, o si a usted le da fiebre, debe consultar a un médico. Una infección sin tratamiento puede propagarse a otras partes del cuerpo, como a los pulmones, agravarse, o hasta matar.

¿No puedo simplemente exprimir la infección de la cortada?

No, exprimir la infección no eliminará la bacteria, sino puede causar que se propague la infección.

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* <https://www1.nyc.gov/site/doh/health/health-topics/mrsa-general.page>

¿Puedo utilizar antibióticos que tenga en casa, en vez de consultar a un médico?

No, solo algunos antibióticos surten efecto contra SARM. Y solo un médico puede determinar el tratamiento que requiere la infección.

¿Cómo puedo prevenir una infección de SARM?

Lávese las manos a menudo. Use agua y jabón, y frótese durante por lo menos 20 segundos. Si no hay jabón y agua disponible, puede utilizar esterilizador de manos a base de alcohol si tiene las manos sucias.

Para obtener más información visite <https://www1.nyc.gov/site/doh/health/health-topics/mrsa.page>.

SAMPLE

Educational Messages to Prevent MRSA For Adults Residing in Shelters and Safe Haven

Staph infections, even resistant Staph infections known as MRSA are common. Staph bacteria are usually found on the skin or in the nose of healthy people. These bacteria are generally harmless, but they sometimes cause infection through breaks in the skin.

Red, painful skin wounds that may leak pus are the most common symptoms. Staph and MRSA infections spread through skin-to-skin contact with an open wound or by sharing personal items, such as towels or razors.

You can go to work, school, and attend programs, as long as you cover the skin wound and you are receiving or following doctors' advice. But, if you cannot keep the wound covered, you should not go to work, attend school, or any programs, in or out of the shelter. Follow the following steps to prevent and manage a MRSA infection.

A. Prevention of Staph or MRSA infection

- Keep hands clean by washing with soap and warm water for at least 20 seconds or with an alcohol based hand sanitizer.
- Wash your hands right after sneezing, coughing, blowing your nose, before and after meals, and whenever your hands are dirty.
- Practice good hygiene, including, showering each day and, especially, after physical activity, direct contact sports, or working out.
- Wash soiled clothes, linens and towels with regular laundry detergent and dry in a hot dryer, if possible.
- Avoid sharing personal items, such as towels, razors, bar soap, and already-worn clothes.
- Avoid contact with other people's wounds or bandages.

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B. Management of Staph or MRSA infection

If you develop a skin wound or red boil that is warm and painful:

- Inform the nurse or doctor, if your shelter/drop-in- center/program has an on-site medical clinic, or contact your personal doctor or the on-site director so you can see a medical provider.
- Inform your case manager or shelter director. If needed, ask for help getting to a clinic or urgent care or hospital.
- Keep the wound clean and covered with a clean, dry bandage until healed.
- Do not pick, scratch, squeeze, or touch pimples, boils or other skin lesions.
- Cover all skin lesions, particularly those that produce pus, with a clean, dry bandage until healed.
- Do not share ointment, lotion, deodorant, skin creams, moisturizers, razors, clothing, bedding, or towels.

Contact the on-site medical provider, if available, your personal doctor, or the shelter/drop-in center/ or program director to help you find a doctor.

SAMPLE

Mensajes Educativos para Prevenir la Infección por SARM en Adultos que Viven en Refugios y Lugares Seguros

Las infecciones causadas por estafilococos son comunes, incluso aquellas conocidas como SARM (MRSA, por sus siglas en inglés). Las bacterias estafilococos normalmente se encuentran en la piel y en la nariz de personas saludables. Por lo general, estas bacterias son inofensivas pero a veces causan infección por medio de rupturas en la piel.

Los síntomas más comunes son heridas en la piel, enrojecidas, dolorosas y que expiden pus. Las infecciones por estafilococos y por SARM se transmiten mediante el contacto de la piel con una herida abierta o al compartir artículos personales, como toallas o navajas rasuradoras.

Usted puede ir a trabajar, a la escuela o asistir a programas, siempre y cuando cubra la herida abierta y esté bajo tratamiento o siguiendo las indicaciones del médico. Sin embargo, si no puede mantener la herida cubierta, usted no debe ir a trabajar, a la escuela o asistir a ningún programa, dentro ni fuera del refugio. Siga los siguientes pasos para prevenir y controlar la infección por SARM.

A. Prevención de la infección por estafilococos o por SARM

- Mantener las manos limpias lavándolas con jabón y agua tibia durante por los menos 20 segundos o desinfectándolas con esterilizador de manos a base de alcohol.
- Lavar las manos justo después de estornudar, toser, soplar la nariz, antes y después de comer y siempre que estén sucias.
- Practicar hábitos de buena higiene, incluido el ducharse todos los días, especialmente, después de hacer alguna actividad física, después de practicar deportes de contacto directo o hacer ejercicio.
- Lavar su ropa, la ropa de cama y las toallas sucias con detergente normal y secar en la máquina a temperatura caliente, si es posible.
- Evitar compartir artículos personales como toallas, navajas rasuradoras, barra de jabón y ropa ya usada.
- Evitar contacto con las heridas o el vendaje de otras personas.

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B. Control de la infección por estafilococos o por SARM

Si usted se hiere la piel o desarrolla un bulto rojo, tibio y doloroso en la piel:

- Informar a la enfermera o médico si hay clínica en el local del refugio, del centro o del programa, o contactar a su médico personal, o al director en el local para que pueda ver a un proveedor médico
- Informar al administrador de su caso o al director del refugio. Si es necesario, pida ayuda para llegar a una clínica, centro de cuidados de urgencia o a un hospital.
- Mantener la herida limpia y cubierta con vendaje limpio, hasta sanar.
- No hurgar, rascar, exprimir o tocar las ronchas, bultos u otras lesiones en la piel.
- Cubrir todas la lesiones en la piel con vendaje limpio y seco hasta sanar, especialmente aquellas que producen pus.
- No compartir pomadas, lociones, desodorantes, cremas para la piel, humectantes, navajas para rasurar, ropa, ropa de cama o toallas.

Contactar al proveedor médico en el local, de haberlo, a su médico personal o al director del refugio, del centro o del programa, para que le ayude a encontrar a un médico.

SAMPLE

Education Messages to Prevent MRSA for Children and Adults Residing in Family with Children Shelters

Staph infections, even resistant Staph infections known as MRSA are common. Staph bacteria are usually found on the skin or in the nose of healthy people. These bacteria are generally harmless, but they sometimes cause infection through breaks in the skin.

Red, painful skin wounds that may leak pus are the most common symptoms. Staph and MRSA infections spread through skin-to-skin contact with an open wound or by sharing personal items, such as towels or razors.

As long as the wound is covered and proper treatment is received, children with a MRSA infection can attend school, after school programs and daycare. Also, adults can go to work, attend school, and other programs.

If your child cannot keep the wound covered, they should not attend school, daycare, or any programs, in or out of the shelter. Follow the following steps to prevent and manage MRSA infection.

A. Prevention of Staph or MRSA infection:

- Keep hands clean by washing with soap and warm water or an alcohol based hand sanitizer.
- Wash your hands right after sneezing, coughing, blowing your nose, before and after meals, and whenever your hands are dirty.
- Practice good hygiene, including, showering each day, especially after physical activity, direct contact sports, or working out.
- Wash soiled clothes, linens and towels with regular laundry detergent and dry in a hot dryer, if possible.
- Avoid sharing personal items, such as towels, razors, bar soap, bedding, towels and clothes.
- Avoid contact with other people's wounds or bandages.
- Use household disinfectants to wipe surfaces with high skin contact (toilets and counter tops) daily.

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B. Management of staph or MRSA infection

If you or your child develops a skin wound or a boil that is red, warm, and painful:

- Tell the nurse or doctor, if your shelter/drop-in- center/program has an on-site medical clinic or contact your personal doctor or the on-site director so you can see a medical provider.
- Tell your case manager or shelter director. If needed, ask for help getting to a clinic or urgent care or hospital.
- Keep the wound clean and covered with a clean, dry bandage until healed.
- Do not pick, scratch, squeeze, or touch pimples, boils, or other skin lesions.
- Do not let your child pick, scratch, squeeze, or touch the wound.
- Cover all skin lesions, particularly those that produce pus, with a clean, dry bandage until healed.
- Do not share ointment, lotion, deodorant, skin creams, moisturizers, razors, clothing, bedding, or towels
- If your child cannot keep the wound covered, they should not attend school, daycare, or any other programs.

Contact the on-site medical provider, if available, your personal doctor, or the shelter/drop-in center/ or program director to help you find a doctor.

Mensajes Educativos para Prevenir la Infección por SARM en Adultos y Niños que Viven en Refugios para Familias con Niños

Las infecciones causadas por estafilococos son comunes, incluso aquellas conocidas como SARM (MRSA, por sus siglas en inglés). Las bacterias estafilococos normalmente se encuentran en la piel y en la nariz de personas saludables. Por lo general, estas bacterias son inofensivas pero a veces causan infección por medio de rupturas en la piel.

Los síntomas más comunes son heridas en la piel, enrojecidas, dolorosas y que expiden pus. Las infecciones por estafilococos y por SARM se transmiten mediante el contacto de la piel con una herida abierta o al compartir artículos personales, como toallas o navajas rasuradoras.

Siempre y cuando la herida esté cubierta y se esté recibiendo tratamiento adecuado, los niños con infección por SARM podrán asistir a la escuela, a programas después de clases y a la guardería infantil. De igual manera, los adultos podrán ir a trabajar, asistir a la escuela y a otros programas.

Si su niño(a) no puede mantener la herida cubierta, no debería asistir a la escuela, a la guardería o cualquier otro programa, dentro o fuera del refugio. Siga los siguientes pasos para prevenir y controlar la infección por SARM.

A. Prevención de la infección por estafilococos o por SARM

- Mantener las manos limpias lavándolas con jabón y agua tibia o desinfectándolas con esterilizador de manos a base de alcohol.
- Lavar las manos justo después de estornudar, toser, soplar la nariz, antes y después de comer y siempre que estén sucias.
- Practicar hábitos de buena higiene, incluido el ducharse todos los días, especialmente, después de hacer alguna actividad física, después de practicar deportes de contacto directo o hacer ejercicio.
- Lavar su ropa, la ropa de cama y las toallas sucias con detergente normal y secar en la máquina a temperatura caliente, si es posible.
- Evitar compartir artículos personales como toallas, navajas rasuradoras, barra de jabón, ropa de cama, toallas y ropa personal.
- Evitar contacto con las heridas o el vendaje de otras personas.
- Usar desinfectantes domésticos para limpiar a diario las superficies de alto contacto con la piel (inodoros y mostradores).

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B. Control de la infección por estafilococos o por SARM

Si usted o su niño(a) se hiere la piel o desarrolla un bulto rojo, doloroso y se sienta tibio en la piel:

- Comunicar a la enfermera o médico si hay clínica en el local del refugio, del centro o del programa, o contactar a su médico personal, o al director en el local para que pueda ver a un proveedor médico
- Comunicar al administrador de su caso o al director del refugio. Si es necesario, pida ayuda para llegar a una clínica, centro de cuidados de urgencia o a un hospital.
- Mantener la herida limpia y cubierta con vendaje limpio, hasta sanar.
- No hurgar, rascar, exprimir o tocar las ronchas, bultos u otras lesiones en la piel.
- No permitir que su niño(a) hurgue, rasque, exprima o toque la herida.
- Cubrir todas las lesiones en la piel con vendaje limpio y seco hasta sanar, especialmente aquellas que producen pus.
- No compartir pomadas, lociones, desodorantes, cremas para la piel, humectantes, navajas para rasurar, ropa, ropa de cama o toallas.
- Si su niño(a) no puede mantener la herida cubierta, no debería asistir a la escuela, a la guardería o a cualquier otro programa.

Contactar al proveedor médico en el local, de haberlo, a su médico personal o al director del refugio, del centro o del programa, para que le ayude a encontrar a un médico.

Advice for Clients to Prevent the Spread of MRSA

Here are some useful tips to help prevent the spread of MRSA:

- **Cleaning laundry**
 - Wash dirty laundry in detergent and water at 160° F or wash on hot water cycles for at least 25 minutes.
 - Use a mechanical dryer on hot temperature cycle (i.e., avoid air drying).
- **Disposal of used dressings**
 - Put disposable waste such as dressing or bandages in a separate trash bag/ plastic bag, close the bag tightly before putting it in with the regular trash.
- **Infection control**
 - Cover areas of open wound or sores when possible. Wound drainage should be contained with bandages or dressings and cover with clothes when possible. Shelter staff will provide bandages or dressings to cover the wounds.
 - Avoid skin to skin contact with others.
 - Avoid sharing personal items, such as towels, razors, bar soap, and already-worn clothes.
 - Clean surfaces that come into contact with an open wound or pus. Wipe thoroughly all environmental surfaces touched by patient using a household disinfectant and allow it to air dry. List of EPA registered products effective against MRSA are given here <https://bit.ly/2uYIKkh>.
 - Avoid touching, scratching or picking a wound.
 - Wash hands with soap and water for 20 seconds, after cleaning and dressing wound, and whenever hands are contaminated.
- **Management of wounds**
 - Client should inform on-site medical provider or contact primary care provider about the wound or a boil that is red, warm and painful.
 - Clean and cover the wound with a dry bandage until healed.
 - Do not pick, scratch, squeeze or touch boils or other skin lesions.
 - Do not share ointment, lotion, deodorant, skin creams, moisturizers, clothing or bedding.

Consejos a los Clientes para Prevenir la Propagación de SARM

He aquí algunos consejos útiles para prevenir la propagación de SARM:

- **Lavado de ropa**
 - Lavar la ropa sucia con detergente y agua a 160° F o lavar en ciclos de agua caliente durante por lo menos 25 minutos.
 - Utilizar una máquina secadora en un ciclo caliente (es decir, evite secar al aire).
- **Desecho de vendas usadas**
 - Tirar los desechos, como las vendas y las curas en una bolsa de basura/plástica aparte, y cierre bien la bolsa antes de meterla en la basura normal.
- **Control de infección**
 - Cubrir las heridas o llagas abiertas, si posible. El drenaje de las heridas debe contenerse con vendaje y cubrirse con ropa, si posible. El personal del refugio le proveerá vendaje para cubrirse las heridas.
 - Evitar contacto de piel a piel con los demás.
 - Evitar compartir artículos personales, como toallas, navajas, barras de jabón, y ropa usada.
 - Limpiar las superficies que tengan contacto con una herida abierta o pus. Limpiar completamente con desinfectante doméstico todas las superficies del entorno tocadas por un paciente y deje secar al aire. En <https://bit.ly/2uYIKkh> se provee una lista de productos registrados por la EPA que son eficaces contra SARM.
 - Evitar tocar, escarbar o hurgar la herida.
 - Lavarse las manos con agua y jabón por 20 segundos, después de limpiar y vendar la herida y en cualquier momento en que tenga las manos contaminadas.
- **Cuidado de heridas**
 - El cliente debe informar al proveedor médico del local o comunicarse con su proveedor de salud primario sobre la herida o flemón rojizo, tibio y doloroso.
 - Lavar y cubrir la herida con vendaje seco hasta el saneamiento.
 - No hurgar, escarbar, apretar o tocar los flemones u otras lesiones de la piel.
 - No comparta pomada, loción, desodorante, crema para la piel, crema hidratante, ropa personal o ropa de cama.