

# Help us avoid the spreading of MRSA in hospitals

Dear student

During the course of your studies, you will get in touch with patients and health care professionals in the hospital. That is why it is important that you find out whether you are colonised with MRSA. MRSA can spread in hospitals and cause illness in people with weakened immune systems, which most hospital patients have.

If you have been exposed to MRSA during the past six months, we therefore kindly ask you to contact your doctor to find out whether you are infected.

**You are at risk of having been infected if, within the past six months, you have:**

1. been tested positive with MRSA and not yet been declared MRSA-free
2. lived with a person who is MRSA-positive or have been in similar long-term contact with a person in your household who was tested MRSA-positive
3. been treated in hospital or a clinic (outside the Nordic countries), and
  - your stay in hospital was *longer* than 24 hours *or*
  - undergone a small surgical procedure such as having a drip set up, or having a drainage catheter inserted; if you have been in dialysis or had a wound sewn – regardless of the duration of your stay
4. been in contact with live pigs or mink, or if a member of your household has worked on a pig farm daily or in any other way worked with live pigs or has worked on a mink farm
5. lived in a refugee camp or on asylum centre (not applicable to asylum centre staff)
6. had work involving patient contact in a hospital, in-home care service, institution or clinic outside the Nordic Countries (including study periods and internships)
7. worked in a department or ward in Denmark and/or other Nordic Countries where there was an outbreak of MRSA

If you are not at risk, there is no need to be examined.

The doctor will use a cotton bud to swab your nose, throat and between your buttocks. A test result will be available within 3–5 days.

## Facts about MRSA

MRSA is the abbreviation for "methicillin-resistant *Staphylococcus aureus*".

MRSA is a germ (staphylococcus) which is resistant to the most frequently used antibiotics. A healthy person only has a small risk of becoming seriously ill with MRSA, but the germ can sometimes cause uncomfortable inflammations such as skin boils and sores.

In people who have poor health MRSA can cause serious infections that require long and complicated treatments. That is why it is so important to avoid MRSA-spreading in hospitals.

It is important to emphasize that you can always be tested and treated even if you are in fact infected with MRSA.

## CONTACT AND FURTHER KNOWLEDGE

If you have any questions, feel free to contact us. If you want to know more about MRSA, you can read more (in Danish) at [www.patienthaendbogen.dk](http://www.patienthaendbogen.dk)



### Contact

**The Infection Control Team  
(Infektionshygiejnen)**  
Tel.: +45 97 66 50 00