



STAPHYLOCOCCUS AUREUS DECOLONISATION PROTOCOL

1. All active infections must first be fully treated, and skin conditions (such as eczema, psoriasis) must first be controlled before an attempt at decolonisation is made. If you develop a new skin infection in the days leading up to or during the decolonisation week, contact your doctor so that the decolonisation can be delayed.
2. Other members of the household, even if they do not have symptoms, often carry the same *Staphylococcus aureus* as the index patient. Therefore, all members of the household ideally should undergo decolonisation treatment at the same time or they may reinfect the index case. Consider testing less close contacts.
3. Availability and practicalities of medication.
 - a) Mupirocin (Bactroban), fucidic acid (Fucidin) or povidone iodine (Betadine 10%, 25g, on prescription) ointment may be obtained from any pharmacy. Apply using finger or cotton bud to the inside of each nostril twice a day for 7 days.
 - b) Chlorhexidine 4% body wash (Chlorhexidine Surgical Scrub, 4%, in 500ml pump pot) may be obtained from a community pharmacy (non-prescription item, cost \$12 - \$20). Use in place of soap, each day for 7 days. Scrub all over your body, including between toes and around bottom. Apply to hair and scalp at least three times on any days during the 7 days.
 - c) Oral Antibiotics: In most cases you will be offered oral antibiotics in addition to the nose ointment and antiseptic body wash. One or two antibiotics will be given, one usually being Rifampicin. Rifampicin is taken at a dose of 300mg twice a day. Do not be alarmed to find that your tears, saliva and urine become an orange/red colour. However, please notify your doctor if you develop drowsiness, dizziness, headache, indigestion or a skin rash – there are several alternative drugs that can be prescribed if you cannot tolerate rifampicin. Moreover, tell your doctor if you have contact lenses, are pregnant or take other drugs, as rifampicin may be contraindicated in certain circumstances.
4. During the eradication period, all bedsheets, pillowcases, bath-towels, hand-towels and tea-towels should be in use should be washed using laundry detergent then dried in a hot-air dryer and/or ironed. If the item can't be hot-air dried or ironed then it should be placed somewhere dry and not handled for 10-14 days. All clothes worn that week should also be handled in the same way.
5. On one day during the eradication period, wash with warm water and detergent or clean with disinfectant any hard surfaces that you frequently touch in your house (e.g., light switches, door handles, doors, TV control buttons, taps, benches, the phone, dining table, car keys and steering wheel etc.) to remove dirt from your hands (oil and skin flakes) and kill the bacteria. Wipe down sunglasses and jewellery.

DAY	DATE	NASAL OINTMENT	CHLORHEXIDINE BODY WASH	ORAL ANTIBIOTICS	HOT WASH OF FABRIC ITEMS	SURFACE CLEANING
1		Yes	Yes	Yes		
2		Yes	Yes (include hair)	Yes		
3		Yes	Yes	Yes	(any days)	(any one day)
4		Yes	Yes (include hair)	Yes		
5		Yes	Yes	Yes		
6		Yes	Yes (include hair)	Yes		
7		Yes	Yes	Yes		

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