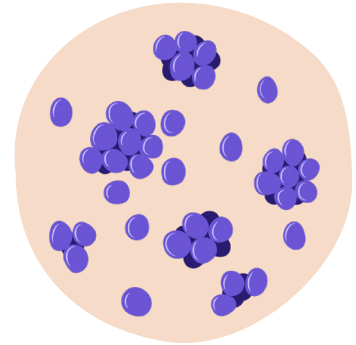


# Staphylococcal Decolonisation

## What is it?

*Staphylococcus aureus* is a common bacteria that lives on people's skin and sometimes in their nose. It is usually harmless, but in some people can cause repeated skin infections (such as skin sores, boils and infected eczema). Staphylococcal decolonisation is the process of getting rid of the bacteria so that you are less likely to get skin infections.



## How can we get rid of it?

Staphylococcal decolonisation is most effective if everyone in the house completes the following treatment at the same time.

### To get rid of it from your nose, use “Mupirocin 2%” nasal ointment:

- ✓ Put a small amount of the ointment on a cotton bud and put it on the inside of each nostril.
- ✓ Press your nostrils and rub them together for 15 seconds.
- ✓ Do this two times each day for 5 days

### To get rid of it from your body:

- ✓ FOR SHOWERS: Use a body wash or a soap that has “*chlorhexidine 2%*”. Put the body wash onto a washcloth and scrub your body from head to toe. Leave it on your body for at least 1 minute before rinsing it off and dry with a clean towel. Do this once each day for 5 days.

OR

- ✓ FOR BATHS: Use 60ml of *household bleach* in a bath of water, stay in the bath for up to 10 minutes, then rinse off the bleach and dry with a clean towel. Do this bath once each day for 5 days.

## How can we stop it from coming back?

- ✓ Wash your hands regularly with soap and water.
- ✓ Keep your fingernails short and clean.
- ✓ Have a shower or a bath every 1 to 2 days.
- ✓ Wash your towels, clothes and bedding regularly with hot water and dry in the sun.
- ✓ Clean all surfaces in the house and vacuum carpets.



## Your skin care plan:

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### Want more information?

[dermnetnz.org](http://dermnetnz.org)  
[dermcoll.edu.au/a-to-z-of-skin](http://dermcoll.edu.au/a-to-z-of-skin)

This factsheet was developed as part of the Koolungar Moorditj Healthy Skin Project.