

# You have MRSA

# AmphiA

**MRSA is a bacterial infection, and you will be treated to eliminate these bacteria. This treatment will take 7 days. The information below and on the reverse of this card tells you what to do.**



## Morning



### - Showering

Wash your entire body using the special soap and rinse well.



### - Towel

Use a clean towel and put it in the wash when you're done. Only use this towel for yourself.



### - Nose cream

Apply a little cream in both nostrils.



### - Clean clothing

Put on clean clothing.



## Noon



### - Nose cream

Apply a little cream in both nostrils.



## Evening



### - Nose cream

Apply a little cream in both nostrils.



### - Bed & clothing

Sleep in clean nightwear.

- **Change your bedding on days 1, 2 and 5.**

- **Wash any towels and bedding at min 60°C.**

- **Any questions?**

Contact your doctor or nurse on telephone number:  
+31 76 595 5072.

# Fill in what you've done for 7 days

# AmphiA

Always keep the treatment going, even if you haven't done anything. Stop the treatment after 7 days.



Shower using  
special soap



Nose cream  
3 x per day



Change  
bedding



Clean  
clothing



Clean  
towel

Day 1

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Day 2

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Day 3

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Day 4

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Day 5

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Day 6

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Day 7

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