The Environment as a Factor in Methicillin-Resistant Staphylococcus aureus Transmission

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Abstract: In recent years, methicillin-resistant Staphylococcus aureus (MRSA) has become a leading cause of infectious disease morbidity and mortality in the United States. The epidemiology of the organism has changed, with novel strains emerging in the community among individuals lacking any healthcare contact. Although direct human-to-human transmission via skin contact is one way for this organism to spread, transmission via environmental contamination of fomites or through air are other potential ways that the organism can be acquired. As such, an improved understanding of MRSA transmission is needed to implement maximally effective control and prevention interventions. We review the research documenting the role of the environment in MRSA spread.

Key words: MRSA, agriculture, zoonosis, antibiotic resistance, fomites

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INTRODUCTION

Staphylococcus aureus (S. aureus) is a ubiquitous bacterium that colonizes approximately one third of the human population /1/. The most common site for colonization is the anterior nares, but the throat, skin, and gastrointestinal tract can also be colonized /2,3/. Although the majority of individuals who are colonized will remain asymptomatic, colonization is a risk factor for the development of symptomatic infection /4,5/. Of increasing concern is the spread of strains of S. aureus that are resistant to the antibiotic methicillin (methicillin-resistant S. aureus or MRSA). Initially these strains were a problem limited to hospitals (hospital-associated MRSA, HA-MRSA), but in recent years novel strains of MRSA that are distinct from the

most common hospital strains have spread in the community /6,7/. Such strains are referred to as community-associated MRSA (CA-MRSA) /8,9/. A third group of MRSA strains has been recognized more recently in association with livestock such as pigs and cattle (LA-MRSA) /10/.

Transmission of this organism can occur in a number of different ways. Direct contact between infected and/or colonized individuals can facilitate the spread of this organism from one person to another, and the bacterium can also be spread indirectly via contaminated fomites or even via air. The existence of 'supershedders' of this organism has been identified. Individuals with respiratory infections can temporarily increase the transmission rate /11/, spreading the organism via direct contact or contaminated fomites. Thus, to be successful,

any control or eradication measure implemented must take into account the varied transmission mechanisms present in the particular environment. Here we review the research examining MRSA in the environment and the impact this route may have on human MRSA colonization and infection.

MSRA IN THE HOSPITAL ENVIRONMENT

To date, the majority of studies investigating environmental contamination with MRSA have been carried out in healthcare facilities, in which the presence of MRSA in rooms where MRSApositive patients are housed has been well documented. The prevalence of contamination in such rooms varies but is often higher than the prevalence in non-clinical areas or in areas where MRSA patients are not housed. In 2006, Sexton et al. /12/ reported that 53.6% of surface samples collected from the rooms of MRSA patients were positive for this bacterium. In a study conducted in an intensive care unit (ICU) over a two-year period during which an MRSA-positive patient was present 95.8% of the time, MRSA was present in 21.8% of the environmental samples collected from bed spaces, workstations, and monitors /13/. At the beginning of an MRSA outbreak at a general surgical ward, 32% of environmental samples yielded MRSA /14/. During an outbreak period, Rutala et al. /15/ found that the total bacterial growth isolated from air, elevated surfaces, and floor surfaces, respectively, comprised 16%, 31%, and 40% MRSA /15/. Finally, 58.8% of surfaces in rooms of patients testing positive for gastrointestinal MRSA were contaminated /16/.

The bedding areas of MRSA-positive patients appear to be 'hot spots' for MRSA environmental contamination. Cloth bedding accessories have often been reported to have high rates of MRSA contamination, with rates ranging from 14.6% to over 50% found on pillows, mattresses, and bed linen/12,17-19/. Solid surfaces associated with beds

(such as over-bed tables, bed frames, bedside rails, ledges behind beds, and floors next to a patient's bed) have also been found to have high rates of contamination /13,16,18-20/. A partial list of environmental components that have shown to be positive for MRSA in MRSA-positive patient rooms includes floors, faucet handles, patient gowns, blood pressure cuffs, door handles, radiators, medical equipment, television remote controls, and toilet seats /14,16, 17,19,21,22/.

Even rooms and areas that house non-MRSA patients can be contaminated; yet, the rates in such areas are generally lower than those in the rooms of MRSA-positive patients. In a study conducted at a London teaching hospital, communal bathroom areas and bathrooms for non-MRSA patients had high levels of contamination (67% and 50%, respectively), although the number of sites sampled was fairly small /20/. Oie et al. /22/ report that 7.4% of door handles of rooms with non-MRSA patients harbored MRSA, a rate that was not significantly different from that found on handles of rooms housing MRSA-positive patients (19%). The lack of statistical significance, however, could again be due to the limited sample size.

The microorganism has also been found, albeit at much lower levels, in 'non-clinical' areas of healthcare facilities where patients rarely spend time. Lu et al. /23/ reported a 1.1% contamination rate on ward computers. Brown et al. /24/ sampled nonclinical areas with high hand contact (door handles, push plates, stair rails, elevator buttons, and equipment carts) but did not isolate any MRSA. In a study of an urban emergency department, only one surface (an ambulance bay security door pad) was found to harbor MRSA /25/. These contamination rates are much lower than those in patient rooms. In 1983, Rutala et al. /15/ reported that contamination levels in work areas adjacent to rooms occupied by MRSA-infected burn patients were lower than the levels in actual patient rooms.

In the healthcare setting, transmission has been shown to occur directly between patients and the

environment, particularly in outbreak situations. Numerous studies have demonstrated transmission between the inanimate environment and patients by comparing molecular signatures /12,14,16,19,21, 26-28/. Two such studies found indistinguishable strains of MRSA in patients and on environmental surfaces, but not in healthcare workers, suggesting a direct transmission between patients and fomites /14,27/.

Other patient characteristics have also been found to predict environmental contamination, although the direction of transmission has not often been clarified. Although some evidence suggests that the number of colonized patients on a ward is not correlated with the number of environmentally contaminated sites, the location of colonization/ infection on the patient has been shown to be related to contamination rates /13/. In 1997, Boyce et al. /19/ reported that positive wound or urine cultures in a patient were more predictive of environmental contamination than positive cultures isolated from sputum, the nares, blood, and other sites (OR = 10.1, CI 1.6-69) /19/. The same lead author reported in 2007 /16/ that surface MRSA was more often recovered in the rooms of patients with heavily colonized gastrointestinal tracts (58.8%, CI 47.8-68.9) than in rooms of patients with MRSA isolated from sputum, wounds, blood, and the nares (23.3%, CI 14.3-35.5). Another study in 2007 /18/ found that MRSA environmental contamination was most often predicted by the presence of MRSA on the palms of patients' hands (as opposed to sputum, open and closed pus, nasal discharge, pharyngeal mucosa, urine, bronchial aspirates, IVH catheters, and bile).

The hands of healthcare workers have long been recognized as potential vehicles for MRSA transmission in the healthcare setting. Hands can become contaminated by direct contact with MRSA in patients or via environmental reservoirs. One report showed that during the routine care of MRSA-positive patients, 65% of nurses had contaminated their apparel with MRSA /19/. The

same study revealed that even after activities that required no direct patient contact, 42% of nurses' gloves tested positive for MRSA. In investigators following hand contact with surfaces near patients, Bhalla et al. /29/ reported a hand contamination rate of 30% with *S. aureus* (of which 35% were MRSA), providing evidence that environment-to-hand transmission does occur. The same type of transmission was documented (although at a lower rate of 10%), even after patient discharge and terminal cleaning had occurred /29/.

Gloves are not the only apparel that can become contaminated with MRSA. High levels of MRSA contamination have been demonstrated on the uniforms of long-term care facility personnel. If no protection was worn by the worker, up to 80% of the 'waist zones' and 60% of 'pocket zones' of uniforms became contaminated, even in those who cared for patients who had not been identified as having MRSA. The same study showed that using plastic aprons and controlling the contents of pockets decreased the rates of contamination /30/.

MRSA can also be airborne, although the significance of airborne transmission of MRSA within the healthcare environment is controversial. Air-circulation systems (for example, exhaust ducting in an adjacent isolation room and ventilation grills) have been implicated in outbreaks of MRSA /31-33/. During an outbreak, Rutala et al. /15/ found that the total bacterial growth isolated from air comprised 16% MRSA. Airborne MRSA has also been demonstrated in the rooms of patients carrying MRSA. In 2006, Sexton et al. /12/ reported that MRSA grew on 28% of air samples and 40.6% of settle plates collected from the rooms of MRSAcolonized patients. Shiomori et al. /34/ reported the expulsion of airborne MRSA in rooms containing colonized patients during bed-making. The same group reported that the circulation of MRSA among patients, air, and environmental surfaces was particularly prevalent when movement occurred in the room /35/. Other data on the acquisition of MRSA from the air remain scarce.

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Whereas MRSA has been uncovered in rooms of MRSA-positive patients, non-MRSA patients, and non-clinical areas, the former appears to be the most important contributor to the environmental load of MRSA, with bedding areas being frequently contaminated. Environmental surfaces play a role in the MRSA ecologic behavior in both patients and healthcare workers, and patient characteristics have been shown to predict MRSA contamination. Evidence suggests that airborne MRSA could be an important player transmission in the healthcare setting, but the extent of that contribution remains to be seen.

MRSA OUTSIDE THE HOSPITAL ENVIRONMENT

In addition to hospitals, MRSA has increasingly been found in individuals with no recent history of hospitalization or other healthcare contracts. Recent surveys have found that approximately 1.5% of the United States (U.S.) population is colonized with MRSA /36/. Several studies have been carried out specifically to examine the prevalence of MRSA carriage in individuals lacking healthcare contact. A 2005 study carried out in New Orleans found that 1.2% of the population sampled were positive for MRSA; all positive individuals were enrolled at a student recreation center where bacterial acquisition could have occurred /37/. A similar cross-sectional study in Malaysia found that of 346 individuals, only one was an MRSA carrier /38/. Additional studies in the U.S. and internationally have found MRSA rates in the population ranging from 0.12% to 5.3% /39-43/. Therefore, MRSA prevalence still remains low outside the hospital environment, which in turn reduces the potential for contamination of the general environment by individuals colonized with this organism. How particular strains of MRSA spread within populations and the importance of human-to-human transmission direct environmental acquisition remains to be determined.

In the hospital setting, gastrointestinal (GI) colonization with MRSA has been shown to be associated with greater contamination of the environment /16/; yet whether GI colonization may also increase the spread of MRSA in the community at large or the frequency of MRSA GI colonization in the community in general is unknown because most population-based MRSA studies have focused on nasal carriage.

MRSA IN THE HOME ENVIRONMENT

Regarding the role of the home environment in MRSA transmission, sharing within families has been examined in a number of publications. A study surveying home surfaces in 35 households was carried out, sampling 32 home surfaces including kitchen, bathroom, office, infant, and pet surfaces /44/. The most common sites for MRSA isolation were dish towels, faucet handles, and infant high chair trays. In one home, MRSA was isolated from five different sites: kitchen sponge, garbage bin, dishtowel, bathtub, and infant high chair. Three of four individuals living in this house reported experiencing diarrhea and vomiting in the week before sampling, and six months before, one occupant had been prescribed amoxicillin for an ear infection. Interestingly, the presence of a cat in the house significantly correlated with the finding of MRSA, suggesting the possibility of pets as a secondary reservoir for MRSA after acquiring the bug from a colonized or infected human /44/. Other studies have also suggested a potential role for pets in the maintenance or transmission of MRSA within households /45-47/.

Towels have also been suggested to play a role in MRSA transmission within the household. Experimental inoculation with *S. aureus* has shown that the bacterium can survive on towels and be transferred to individuals for at least 48 hours /48/. Towels have been implicated as potential environmental vectors in outbreaks of MRSA infection

within households /49,50/, as well as in athletic facilities (see below).

The home environment of healthcare workers has been found to be contaminated and can serve as a reservoir of transmission to other family members /51,52/. The microorganisms can survive for a period of several weeks on such cleaning items as dry mops /53/, which can serve to spread the bacteria throughout the home or hospital environment.

MRSA IN THE PUBLIC ENVIRONMENT

Several studies have examined the prevalence of MRSA on fomites in the community. A 2008 study in Serbia examined a large urban public transport system, collecting samples from hand rails in 55 vehicles /54/. Although all were negative for MRSA, 30% were positive for methicillinresistant coagulase-negative staphylococci (MR CoNS), suggesting that resistance genes can also be transferred via environmental contamination /54/.

MRSA outbreaks have also been traced to public operations. An outbreak of CA-MRSA in the Netherlands was related to a beauty salon, where a beautician was found to have recurrent infections. Although instruments and wax were suspected to play a role in the outbreak, all environmental samples tested were found negative /55/.

Recently, MRSA and MRCoNS were recovered from water and sand at public beaches in the West Coast of the U.S. /56/. MRSA has also been isolated from municipal wastewater /57/, representing another potential source of human environmental contamination. Prior studies demonstrated that among residents living in proximity to areas fertilized with treated wastewater, the prevalence of S. aureus infections was ~25 times higher than other infections among hospitalized patients /58/. MRSA can surrive for extended periods in sea water and river water, although in properly chlorinated pool water, the bacteria are killed within 24 hours /59/.

Staphylococcus aureus has been examined on environmental fomites such as coins. A Canadian study isolated S. aureus from circulating coins, but no MRSA were identified /60/. Nevertheless, a followup experimental study showed that MRSA could survive on coins for up to 4 hours, and if the coins were inoculated with biological materials such as pus or blood, then MRSA was able to survive on coins for up to 13 days post-inoculation /61/.

MRSA has also been identified in low levels at childcare facilities. In 2009, Hewlett et al. /62/collected swabs from environmental surfaces at a childcare facility serving a medical university. MRSA was isolated from 2.0% (4/195) of surface swabs, including samples from two cribs, a cloth toy, and a nap mat.

MRSA IN THE SCHOOL ENVIRONMENT

In the school environment, MRSA has also become a concern, although in the U.S., data on the magnitude and severity of related skin and soft tissue infections (SSTI)—a common manifestation of community-associated MRSA strains—are generally lacking. In India, the prevalence of MRSA colonization in students aged 5-15 years has been estimated at 3% /63/. Over 13% of kindergarten students in Taiwan have also been shown to be colonized /64/. The higher MRSA colonization rates in children may be due to poor hygiene and the sharing of contaminated environments or fomites. Yet, a study of U.S. college students showed that older school groups also have an increased prevalence of MRSA colonization as college students at one State university in Texas had a rate of 7.4% /65/. In comparison, only about 1.5% of the general U.S. population is thought to be colonized with MRSA /36/.

Prevalence studies of nasal colonization are useful for surveillance purposes; yet o utside the hospital environment, an association between colonization and skin infection remains unclear. A recent study of households in New York found no

association between CA-MRSA colonization and serious skin infection /66/. In children specifically, a Missouri study showed a weak relationship between SSTI and MRSA nasal colonization /67/. Future studies are necessary to determine the true association between MRSA colonization and risk of SSTI and other types of MRSA infections, not only in children but also in the community at large.

In the school setting, MRSA is transmitted by the same means as in other community venues. Direct skin-to-skin contact with an infected wound is a common route of exposure. The role of the environment in MRSA transmission has been less clear, although two recent studies have shown that surfaces in schools related to athletics (training facilities, locker rooms, wrestling mats, etc.) are commonly contaminated with MRSA /68,69/. The best way to prevent students from contracting an MRSA infection is to follow the general guidelines from the Centers for Disease Control and Prevention (CDC): practice good hand hygiene; cover cuts, wounds, and abrasions; avoid sharing personal items that are in contact with bare skin, such as razors or towels; place a barrier between yourself and shared equipment, such as a towel; and maintain a clean environment by establishing a cleaning protocol (using an Environmental Protection Agency-approved disinfectant for MRSA) for surfaces that are in direct contact with skin /70/. Specific information about the environmental management of MRSA in the community is available at http://www.cdc.gov/ncidod/dhqp/ar mrsa Enviro Manage.html.

In addition to these general guidelines for students, school professionals can help prevent MRSA infections in schools /71/. Teachers should refer children with open wounds to the school nurse for evaluation and enforce hand hygiene in the classroom /72/. Healthcare professionals (school nurses) should use standard precautions when caring for potential infections and refer students to their physicians for further treatment if necessary. Parents should be notified if potential SSTI are identified.

By far, most MRSA SSTI related to schools are those involving athletic activities. Since the first known MRSA sports outbreak in 1993, actual MRSA infections, as opposed to colonization, have been increasingly reported /73/. Recently, a surveillance of Nebraska high schools showed that over 14% of schools reported an MRSA infection in one or more athletes over a 2-year period /74/. Contact sports are the most able to facilitate MRSA transmission due to the increased likely-hood of skin abrasions and direct contact. Most sports-related MRSA SSTI have been reported in football players; high school, and collegiate players, but even professional players have been affected /75-78/.

Non-contact sports have not been immune from CA-MRSA. Sports like fencing and weight lifting have experienced MRSA outbreaks as well /79/. In these cases, epidemiologic studies have shown that contaminated fomites, such as a fencing wire shared beneath the clothing or weights, are the likely cause of infection /79/. Similar to school populations at large, members of sports teams can also be colonized with MRSA at higher rates than the general population /80/.

Many athletic organizations have developed recommendations for the prevention of MRSA on the field or in the locker room. These measures are usually based on the CDC general guidelines described above and may include recommendations targeted for athletes, such as those published by the National Athletic Trainers' Association (http://www.nata.org/statements/official/MRSA State ment.pdf). Many measures include interventions with the goal of minimizing environmental contamination and transmission, including: immediate showering after athletic activity, no whirlpool use when open wounds are present, no sharing of athletic gear, towels, or razors, and proper washing of all athletic gear and equipment after use.

When MRSA infections are identified in a school, confusion may ensue regarding the proper

course of action. Parental notification policies for a single case of MRSA can vary between local and state health departments. In the past, schools have been closed because of MRSA outbreaks-for example, 22 Virginia schools were closed in 2007 after a student died from invasive MRSA /81/. School closures due to a single diagnosed case of MRSA have also been reported /82/. Neither the CDC nor the American Academy of Pediatrics recommends that the entire school be informed about a single MRSA infection, or that the school should be closed for disinfection (http://www.cdc. gov/Features/MRSainSchools, http://www.aap.org/ new/mrsa.htm). For the schools, however, checking with their local public health department for additional guidance is advisable. The U.S. Department of Education recommends that schools include MRSA prevention in their emergency response plan (www.ed.gov/admins/lead/safety/ emergencyplan/mrsa.doc). Generally, children with MRSA SSTI should not be excluded from school unless directed to do so by their physicians; for cases in which infected lesions are actively draining and cannot be adequately covered by a clean, dry bandage, exclusion from school activities should be considered /83/. Overall, MRSA SSTI in schools has been highly publicized in recent years. School officials must balance parental and public opinion with scientific evidence. Although MRSA infections seem to be increasing, increased surveillance and improved diagnostics may have contributed to this trend.

MRSA AND AGRICULTURE

Over the past decade, evidence showing a relationship of MRSA carriage among livestock and animal workers has shifted the focus of MRSA as a hospital-acquired to a potential zoonotic pathogen /84/. A report from the Netherlands showed that pig and cattle farmers had increased odds of being carriers of NT-MRSA ('non-

typeable' MRSA, typically strain ST398) compared with other groups in the study, with odds ratios of 12.2 and 19.7, respectively /85/. This study also identified MRSA of animal origin as causing more than 20% of the cases of MRSA in the population. Of special note, the MRSA occurrences in the study population clustered predominantly around pig farming. In another study, farms were considered MRSA positive when a high rate of MRSA positive samples was found in pigs and when dust also had a high MRSA carriage rate among humans /86/. Dust samples collected from pig houses had a high prevalence of ST398, which could indicate possible transmission through the environment /86/.

MRSA ST398 has also been detected in health-care workers in the Netherlands who have been in contact with livestock /87/. This finding has led to screening healthcare workers in the Netherlands to determine if they are carriers of MRSA to prevent transmission to patients, either directly via skin contact or indirectly via environmental contamination /87/. As studies have shown that antibiotic-resistant S. aureus can persist in poultry waste for up to 120 days /88/ and may be spread by flies from contaminated farms or fields /89/, further studies investigating the presence of MRSA from livestock, poultry, and the farming environment must be conducted.

Horses are also being evaluated as a reservoir for zoonotic MRSA /90/. A Canadian group studying the colonization of MRSA among horse personnel and horses identified 79 horses colonized or infected with MRSA during a two year period. Of the 194 persons evaluated in the study, MRSA was identified in 14% (27 of 194) of study participants. Only one of the 27 persons reported having no contact with MRSA-positive horses /91/. MRSA was also isolated from environmental samples within a veterinary teaching hospital /92/. Horses' stalls were identified as the most common source of MRSA contamination. A group from the United Kingdom also isolated MRSA-positive samples

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from humans, equines, companion animals, and environmental surfaces /93/. Although ST398 has been described in horses /94/, notably most reports of MRSA in horses have been strains other than ST398.

Transmission of MRSA ST1 between cows and humans has also been reported /95/. This study was the first to isolate MRSA from bovines and a human on the same farm, with the implication that zoonotic transmission had occurred. Other studies have identified MRSA in milk /96,97/ as another potential source of MRSA transmission. Although the samples identified were from raw milk, additional studies are needed to explore the role of milk as a potential reservoir for MRSA.

In addition to the findings of MRSA in pigs, horses, and cattle, MRSA has been identified in poultry. A study of broiler flocks and workers in slaughterhouses indicated that 5.6% of personnel were positive for MRSA /98/. In this study, broiler hangers were at higher risk than other personnel in the slaughterhouse. An interesting finding was that MRSA contamination increased in the different areas of the slaughterhouse during the production day. A separate group of investigators isolated livestock-associated MRSA in broiler chickens /99/. With the implication that MRSA found in poultry and meat products could be possible environmental sources of MRSA transmission to humans, more studies are warranted to identify the environmental sources of MRSA in livestock /100-102/.

With the detection of MRSA in the nasal passages of livestock, farmers, veterinarians, and others occupationally exposed to livestock, the question of airborne transmission of MRSA must be evaluated. A study to evaluate the presence of aerosolized antibiotic resistant bacteria in animal feeding operations detected *S. aureus* as the predominant bacteria present /103/. In another study, aerosolized *S. aureus* accounted for 76% of the bacteria detected 150 meters downwind from a confined animal feeding operation /104/. Resistant strains of *S. aureus* were also isolated from air

samples taken at dairy cattle feeding operations /105/ and in chicken houses /106/. Not only is *S. aureus* an environmental contaminant in livestock feeding operations, a study in Texas also isolated antibiotic-resistant strains of *S. aureus* from air samples in residential homes /107/. This study detected higher levels of antibiotic-resistant strains of *S. aureus* inside the homes than outside. Although these studies did not examine MRSA specifically, the finding of airborne *S. aureus* in the air surrounding farms and in residential homes suggests that farm-associated MRSA could spread to neighboring residential buildings.

DISCUSSION

As MRSA becomes increasingly common in non-hospitalized human and animal populations, the potential for environmental contamination and therefore additional acquisition of these strains by the general population similarly increases. Indeed, the ability to survive for extended periods in the environment has been suggested as a factor in the generation or selection of strains capable of causing outbreaks /108/.

Although environmental disinfection may seem an appealing and obvious solution to eradicate MRSA, this approach may not always be a sound public health option. Certain MRSA carry genes that confer resistance to biocides, including quaternary ammonium compounds and triclosan /109-111/. Therefore, employing certain biocides could eliminate sensitive strains, thereby increasing the percentage of resistant organisms in the environment. Although guidelines for the control of MRSA include cleaning and disinfection steps /112/, such measures have been developed mainly for hospital use. The implementation of such procedures within other settings like farms requires evidence-based testing to determine their utility. If airborne MRSA is a main route of transmission on farms, for example, then simple

surface cleaning and hand hygiene measures will not be adequate to reduce the prevalence of MRSA in these settings.

Because of the increasing ubiquity of MRSA in the population and the common occurrence of asymptomatic colonization without subsequent disease, the association between environmental contamination and the development of MRSA infection remains difficult to determine definitively. In the case of relatively rare strains in human populations, such as the livestock-associated ST398 strain, an association with livestock exposure or potentially, contaminated food products could be hypothesized. With the more common strains like USA300, however, a source may be more difficult to pinpoint. Complicating the matter, the identification of 'human' strains, such as ST5/USA100, both in meat and in foodanimal species (including chickens and pigs /100,113,114/), blurs the distinction between common 'animal' and 'human' strains.

To determine instances of MRSA transmission, new research has demonstrated the effectiveness of a whole genome-sequencing strategy /115/, but this method is expensive and currently out of reach for many investigators. Nevertheless, additional genome-based methods must be implemented to better understand the ecology and epidemiology of MRSA, and to clarify further the role of the environment in MRSA transmission.

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