

Just Clean Your Hands

Before:

- ◆ Using the toilet.
- ◆ Leaving your room.
- ◆ Visiting in hospital.
- ◆ Eating or touching food.



After:

- ◆ Using the toilet.
- ◆ Contact with any body fluids like blood, urine or vomit.
- ◆ Blowing your nose, sneezing, coughing, or using a tissue.
- ◆ Handling garbage.
- ◆ Touching any hospital equipment.
- ◆ Visiting a patient.
- ◆ Attending therapy or clinic.
- ◆ Touching an animal or pet.
- ◆ Removing gloves and gowns.

Use Hand Sanitizer:

- ◆ When your hands are not visibly soiled.
- ◆ Apply one to two pumps of product to the palm of one hand.
- ◆ Rub your hands together; ensuring all surfaces are covered until your hands are dry (this should take at least 15 seconds).

Hand Washing:

- ◆ Wet your hands with warm running water and then soap.
- ◆ Lather and rub all surfaces of your hands and wrists for at least 15 seconds.
- ◆ Rinse thoroughly.
- ◆ Pat your hands dry with paper towel and then use the paper towel to turn off taps, and open the washroom door.
- ◆ Apply lotion to hands if they become dry.

The most important practice to prevent the spread of germs is good hand hygiene!

Thank you
for your help and cooperation

This brochure provides basic general information only and is to be used as a guide, not as a complete resource on the subject.

If you have any further questions, please ask your physician, nurse, infection control practitioner, or local Public Health.

Providence
Care

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Patient & Family
Information

*Vancomycin-resistant
Enterococcus (VRE)*

Providence
Care

Infection Control Services

What is Vancomycin-resistant Enterococcus (VRE)?

VRE is a bacteria; you may also hear it often referred to as an Antibiotic Resistant Organism (ARO). Enterococcus is normally found in the intestinal tract and feces. Enterococcus has developed resistance to most of the antibiotics that are used to kill it, including Vancomycin. This bacteria is very hardy. It can survive on hard surfaces for 7 to 10 days and on hands for hours. VRE can be easily removed from hands with good hand hygiene.

Who gets VRE?

- ◆ Those who have taken many antibiotics, or have weakened immune systems due to illness or age are also at high risk for VRE.
- ◆ Anyone who has been in a health care facility for more than 12 hours in the past 12 months is at risk for getting VRE.

Colonization versus infection

- ◆ Many bacteria live on and in the body without causing disease or infection. This is known as colonization and does not require treatment. VRE can colonize the large intestine.
- ◆ Under the right conditions, VRE can cause infection. VRE infection can occur in the bowel, urinary tract, in surgical sites and in the bloodstream.

How can VRE be spread?

VRE is spread from person to person simply by touching.

- ◆ Bacteria can transfer from the soiled environment on your hands. Unwashed hands can then spread it when touching someone or something else.
- ◆ Objects shared between patients without proper cleaning can spread VRE.

What will be different about my care?

- ◆ You may be moved to a private room or a room with someone else with VRE if a private room is not available.
- ◆ A Contact Precautions sign will be placed on your door to remind others who enter your room about the additional precautions.
- ◆ People who care for you or visit you in your room will be required to wear gowns and gloves to prevent spread to other patients, and themselves.
- ◆ People leaving your room must always remove their gown and gloves, and then clean their hands.
- ◆ Before leaving your room *Just Clean Your Hands*, and wear a clean change of clothing.
- ◆ Children should not visit you in your patient room while you are on isolation, unless they are old enough to understand and follow the precautions.
- ◆ Family and visitors should not use patient washrooms.

What do I need to do at home?

Although the spread of VRE at home is of little risk, some measures should be taken to protect your family:

- ◆ **GOOD HAND HYGIENE!**
- ◆ *Just Clean Your Hands* before you touch or eat food. Everyone in the household should follow this practice.
- ◆ Anyone providing close personal care, involving contact with wounds, urine or feces, must clean their hands afterwards.
- ◆ Clean your hands carefully before and after using the toilet.
- ◆ Clean your hands after you cough, sneeze or handle a tissue.
- ◆ Stool soiled laundry requires an extra wash in hot water; wash all other laundry as you would normally.
- ◆ No special precautions are required for visitors to your home.

Always tell your physician, paramedics, nurses or other care providers that you have had VRE. This helps to prevent transmission to other patients.

Avoiding development of Antibiotic Resistant Bacteria (ARO):

- ◆ Finish all antibiotics prescribed by your physician.
- ◆ Never give someone else antibiotics that have been prescribed for you.