

HOW CAN I HELP?

- Take antibiotics until they are all gone

IF YOU HAVE AN ESBL WOUND INFECTION:

- Clean your hands before and after touching your wound
- Keep wound covered with clean dry bandages
- Place used bandages in plastic bag and directly into garbage

**HAND HYGIENE
THE BEST
WAY TO PREVENT
INFECTION**

HAND HYGIENE

Special care must be paid to **hand hygiene** as it is the best way to prevent the spread of germs. **Good hand hygiene includes:**

Alcohol-Based Hand Rub

- Apply to palm of one hand
- Rub hands together, covering all of hands and fingers
- Rub until hands feel dry
- If hands are visibly dirty you must wash them before using Alcohol Based Hand Rub

Hand Washing

- Use warm running water and soap
- Spend at least **15-30** seconds lathering and washing hands
- Rub hands together, paying attention to finger tips, around rings and thumbs
- Rinse thoroughly
- Dry with paper towel and turn off tap with paper towel
- Dispose of paper towel in the garbage.

IT'S OK TO ASK NURSES , DOCTORS AND OTHER HEALTH CARE PROVIDERS IF THEY HAVE CLEANED THEIR HANDS

REMIND VISITORS TO WASH THEIR HANDS.

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EXTENDED-SPECTRUM BETA LACTAMASE (ESBL) PRODUCING BACTERIA

Information for Patients, Residents, Families & Visitors

Infection Prevention
& Control Program

WHAT ARE EXTENDED-SPECTRUM BETA LACTAMASE (ESBL) PRODUCING BACTERIA?

- Bacteria (germ) that produce enzymes called Beta Lactamase
- These enzymes break down some antibiotics so they don't work
- When antibiotics will no longer kill certain germs they are called antibiotic resistant
- ESBL bacteria (germs) can still be treated — your Doctor will choose the best antibiotic to treat your infection

HOW ARE ESBLs SPREAD?

They can be passed directly from person to person on unclean hands or indirectly on soiled patient/resident care equipment

ARE CERTAIN PEOPLE AT RISK OF GETTING ESBLs?

Anyone can get an ESBL infection but those most at risk are:

- Seriously ill
- Hospitalized for a long time
- Have taken many antibiotics
- Some people carry the ESBL bacteria without becoming ill — this is called colonization and needs no treatment

INFECTIONS COMMONLY ASSOCIATED WITH ESBL:

- Urinary tract infections
- Pneumonia
- Wound infections

CAN WE PREVENT TRANSMISSION OF ESBLs IN HOSPITALS?

Routine Practices will be followed while you are in hospital/LTC facility.

- **Before you leave your room clean your hands.**
- **Do not visit the unit kitchen area**
- All staff and visitors must **clean** their hands when they enter and leave your room
- Staff will wear gloves when handling blood or body fluids.
- A dedicated commode will be placed at your bedside for you to use