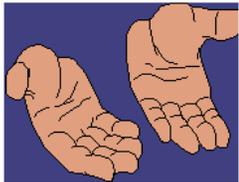




Washing hands with Soap and Water

- Turn on water
- Apply soap
- Lather for 15 seconds rubbing all surfaces of hands and wrists
- Rinse under running water with fingers pointing down
- Pat dry with paper towel
- Turn off faucet with paper towel



Cleaning hands with Alcohol Rub

- Apply product
- Rub into all surfaces of hands until dry

Additional information can be found at:

http://www.cdc.gov/ncidod/dhqp/ar_VRE_publicFAQ.html



VRE

Vancomycin Resistant Enterococcus

Patient Education

*Infection
Prevention and Control*

VRE
Vancomycin Resistant
Enterococcus

What is it?

Enterococcus is a bacterium or germ that usually lives in the intestine. With the VRE strain of enterococcus, the antibiotic Vancomycin cannot be used to treat an infection; it is "resistant".

How did I get it?

One of the ways enterococcus "gets resistant" to the antibiotic Vancomycin is from being exposed to antibiotics that you have taken to treat an infection.

Another way a person can acquire VRE is from touching something with VRE on it and then eating with contaminated hands and inadvertently ingesting it.

How is it detected?

VRE can be detected by sending a stool or rectal swab sample to the lab. Cultures of urine, blood, or fluid from a wound can also identify VRE if an infection is present.

Will I feel sick?

If the VRE is only identified in the stool you will not feel ill or have diarrhea. This is called being "colonized" meaning the bacterium is present but not causing symptoms of an infection.

What will be different?

In the hospital you may be placed on contact precautions in a private room to prevent the spread of VRE.

In Long Term Care (LTC) and Rehabilitation Facilities you may be on contact precautions and may have a roommate, but have a designated bathroom.

Healthcare workers will wear an isolation gown and gloves when providing care for you until the germ is no longer found in your culture.

Wearing a gown and gloves is added protection to clothes and hands to ensure germs are not spread to the environment and other patients. All healthcare workers must clean their hands before entering and when leaving your room.

What else should be done?

- As always, all family members must wash their hands well with **soap and water** after using the bathroom and before eating.
 - Maintain good personal hygiene by showering and wearing clean laundered clothing.
 - Your laundry does not have to be washed separately unless it is visibly soiled with stool, urine or drainage from a wound. Use warm water and regular detergent; other options include hot water, bleach, and automatic dryer.
 - Keeps wounds, cuts or scrapes covered.
 - Avoid sharing personal items such as towels, washcloths, razors, and clothing.
 - Clean and disinfect frequently touched surfaces often in your home. Examples are toilet flush handles, faucets, doorknobs, bedrails.
 - Clean and disinfect the bathroom using a disinfectant often and whenever soiled with stool, urine or drainage from a wound.
 - Alcohol hand rubs do kill VRE on your hands but use soap and water after using the bathroom.
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