

CARE IN YOUR HOME

What will happen when I go home?

- Good handwashing, good personal hygiene and good housekeeping are important and should always be done to maintain good health. These practices will help prevent the spread of ESBL to other persons in your home.
- Always tell your doctor or other healthcare providers if you have ESBL. This helps prevent the spread to others and helps your doctor choose the right antibiotics if necessary.

House Cleaning

- * No special cleaning of clothing, furniture or items (e.g. dishes) is required.
- * Clean the toilet and sink weekly with a cleanser that reads “disinfectant” on the label. Disinfectants need enough time to kill ESBL; therefore, wet surfaces with your disinfectant and allow to air dry.

Handwashing

- * Wash your hands before making any food and before eating. This practice should be followed by everyone in your house.
- * Wash your hands after using the washroom.
- * Everyone who might help you with using the washroom or with your personal hygiene should wash their hands after contact with you.

Why Clean your hands?

- ◆ Even if your hands look clean, they may carry harmful germs. In order to stop the spread of these germs, you must clean your hands.

How to clean hands properly?

Soap and Water

- ◆ Wet hands under warm running water, apply soap and lather.
- ◆ Using friction cover all surfaces of hands including the palm and back of hands, fingertips, nail beds, between fingers and thumbs for a minimum of 20 seconds; rinse with water.
- ◆ Dry hands with paper towel. Use a new paper towel to turn off taps.

Alcohol Hand Sanitizer

- ◆ Apply 2 pumps of alcohol to hands
- ◆ Rub hands together covering all surfaces of the hand as listed above until hands are completely dry.



Five Hills Health Region

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Extended Spectrum Beta-Lactamase Producing Bacteria (ESBL)

Five Hills Health Region
Regional Infection Prevention &
Control Department



Information for
Patients / Residents
and Visitors

Extended Spectrum Beta-Lactamase Producing Bacteria (ESBL)

What are ESBL's?

- ESBL producing bacteria are a group of bacteria that produce enzymes called "beta-lactamases". These bacteria can be found normally in the human bowel.
- These enzymes break down commonly used antibiotics so that the antibiotics don't work and may require a different antibiotic to treat the infection.
- These bacteria can be very resistant to many antibiotic. Some people carry ESBL bacteria but do not have an Infection.

How is ESBL Spread?

- ESBL is spread through direct contact with someone who has ESBL. If caregivers don't wash their hands, then they can spread it to the next person or surface they touch.
- ESBL can also spread by touching surfaces (e.g. toilet seats, bedpans, door handles etc) that have become contaminated with ESBL.

Therefore, washing your hands well and often is the best way to prevent the spread of ESBL.

What happens if you have ESBL and you are admitted into a Healthcare Facility?

In a healthcare facility, patients who have ESBL will be placed on isolation to prevent the spread of the bacteria to other patients.

Isolation will involve the following:

- You will need to remain in your room for the duration of your hospital stay. You are allowed out of your room for essential purposes only (i.e. medical tests and treatments). You will be required to wash your hands, wear a gown and gloves before exiting the room.
- A sign will be placed on your door to remind staff and visitors about the additional precautions to be used before entering and exiting your room.
- Healthcare workers are required to wear gowns and gloves while in your room. This will help prevent the spread of ESBL to other patients.
- Visitors are also required to wear a gown and gloves while in your room.
- Hands can be cleaned by washing with soap and water or by rubbing hands with an alcohol hand sanitizer.

important for staff and visitors to wash their hands before entering and exiting your room.

Can my family or visitors get ESBL?

- If family and visitors follow the instructions on the Additional Precautions sign posted on your door, the risk of acquiring ESBL is minimal.

Will ESBL go away?

- Many people with ESBL get rid of the bacteria on their own after a period of time. Sometimes people with ESBL require treatment with antibiotics if it is causing an infection.
- Even if you no longer test positive ESBL, we will continue to test you every time you are admitted into the hospital in order to protect other patients / residents / visitors and staff.
- There are instances when the ESBL test result will revert back to positive due to increased risk factors or medication use.

Do not be shy about reminding everyone to wash their hands.



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