

Hand Hygiene is key to infection prevention

How to wash your hands:

- Apply alcohol based hand rub
or
- Wet hands with water
- Apply soap
- Rub hands together for 15 seconds
- Rinse hands well
- Dry hands with paper towel
- Turn off tap with used paper towel

Thank you for your help and cooperation

This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask your physician, local health unit or health care professional.

This information was obtained from the following source:

Provincial Infectious Disease Advisory Committee (2013). *Screening, testing and surveillance for antibiotic-resistant organisms (AROs)*.

Royal Victoria Regional Health Centre
Infection Prevention and Control Department
201 Georgian Drive
Barrie, ON, L4M 6M2
Phone: (705) 728-9090 ext 44550
Fax: (705) 792-3312



Extended Spectrum Beta-Lactamase (ESBL)



Patient/Visitor Information

Extended Spectrum Beta-Lactamase (ESBL)

What is ESBL?

ESBL stands for Extended Spectrum Beta Lactamase. ESBLs are enzymes produced by some bacteria. Bacteria can cause infections. To treat or kill these infections antibiotics are used. When bacteria have ESBLs, many antibiotics do not work in treating the infection.

How does it spread?

It can be spread by touching people who have it or by handling things that they have used.

What does colonization with ESBL mean?

A test has shown that the germ, ESBL, is living on your body. It can be found on the skin, or in the rectal area without causing infection. This is called colonization.

What does an infection with ESBL mean?

It means that the ESBL germs growing on or in your body are causing signs of infection like fever, swelling, redness and pus. The infection may make you feel unwell.

What happens now?

A. Special Precautions

will be used to prevent the spread to others

- you may be in a private room
- you may be asked to stay in your room
- staff caring for you will wear gowns, gloves, and possibly a mask/eye protection
- if you go to another part of the hospital, the same precautions will be used
- precautions will continue until the ESBL is no longer present

B. Testing

Swabs will be taken to show:

- where ESBL is growing
- if ESBL is still growing

Can I still have visitors?

Yes, but they will have to take precautions if helping to care for you. They will be asked to wear a gown, gloves, and possibly a mask/eye protection. They must wash their hands well before leaving the room.

How can I help?

- Remind everyone to wash their hands before they leave your room.
- Remember to wash your hands well: before eating, after going to the washroom, and before leaving your room.
- If you go to a doctor, another hospital or return here, be sure to tell the staff that you were on special precautions for ESBL.

What happens when I go home?

If you are having nursing care at home, the care providers may continue with special precautions because they are caring for other patients too.

Good **HANDWASHING** is always important to prevent the spread of germs.



Wash hands frequently with soap and water