

Steps for Washing Your Hands

Step 1: Turn the tap on.

Step 2: Wet your hands.

Step 3: Put soap on your hands.

Step 4: Lather your hands. Don't forget to scrub the back of your hands, between fingers, palms and fingernails (15-30 seconds of scrubbing).

Step 5: Rinse the soap off of your hands.

Step 6: Pat dry both hands with paper towel

Step 7: Turn the tap off with paper towel and throw the towel in the garbage.

OR Use an Alcohol Based Hand Rub

Step 1: Apply 1 full pump (quarter size) onto hands.

Step 2: Rub hands together, spreading ABHR on all areas of the hands including nails, palms, back of hands, and between fingers.

Step 3: Continue rubbing until hands until they are dry; 15-30 seconds.



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)*.

https://www.publichealthontario.ca/en/eRepository/PIDAC-IPC_Annex_A_Screening_Testing_Surveillance_AROs_2013.pdf

Royal Victoria Regional Health Centre Infection Prevention and Control Department

201 Georgian Drive
Barrie, ON, L4M 6M2
Phone: (705) 728-9090 ext. 44555
Fax: (705) 792-3312

Extended Spectrum Beta-Lactamase (ESBL)



Patient/Visitor Information

January 2019



Extended Spectrum Beta-Lactamase (ESBL)

What is ESBL?

ESBL stands for Extended Spectrum Beta Lactamase. ESBLs are enzymes produced by some bacteria. These bacteria typically live in your bowel. When bacteria have ESBLs, many antibiotics do not work on them.

How does it spread?

It can be spread by hands that have not been cleaned well. Antibiotic overuse can also lead to the development of ESBL.

What does colonization with ESBL mean?

A test has shown the bacteria, ESBL, is living on your skin, or in your bowel without causing infection. This is called colonization.

What does an infection with ESBL mean?

It means the ESBL bacteria are causing signs of infection like fever, swelling, redness and pus. The infection may make

What Happens Now?

A. Additional Precautions

will be used to prevent the spread to others

- You will be in a private room
- You may leave your room if you can perform hand hygiene
- Staff caring for you will wear gowns and gloves
- 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 when visiting and helping to care for you. They will be asked to wear a gown and gloves. They must wash their hands with soap and water, or Alcohol-Based Hand Rub before leaving the room. Visitors must not eat or drink in your room.

What Happens When I Go Home?

- Everyone who might help you with your personal hygiene or with going to the toilet should wash their hands after contact with you.
- Wash your hands before you make any food and before you eat. This practice should be followed by everyone in the household.
- Wash your hands well after using the toilet. Make sure others that use the bathroom wash their hands well afterwards.
- Clothing may be laundered in the usual manner, and along with, the rest of the household laundry.
- No special cleaning of furniture or items (e.g. dishes) in the home is required.
- If you share a bathroom at home, clean the toilet and sink at least weekly with a household cleanser.
- Always tell your physician or other care providers that you have ESBL.

