

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)*.

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Vancomycin Resistant Enterococci (VRE)



Patient/Visitor Information

VANCOMYCIN RESISTANT ENTEROCOCCI (VRE)

What is VRE?

VRE are bacteria that live in the bowel and that cannot be treated by certain antibiotics, such as vancomycin.

How did I get VRE?

The germ lives easily in the environment and is usually spread from one person to another on their hands.

What does colonization with VRE mean?

A test has shown that the germ VRE, is living on your body. At this time it is not making you ill, but you may develop an infection later. You can also spread the germ to other people.

What does an infection with VRE mean?

It means that the VRE germs growing on 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 and gloves
- if you go to another part of the hospital, the same precautions will be used
- precautions will continue until the VRE is no longer present

B. Testing

Swabs will be taken to show:

- where VRE is growing
- if VRE 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 and gloves. They must wash their hands well before leaving the room.

How can I help?

- Remind everyone to wash their hands well before they leave the room
- Wash hands well before eating, after using the washroom, before leaving the room
- If you visit another hospital or return here or go to a doctor, tell them you were on precautions for VRE

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