

## 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.



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 Diseases Advisory Committee. *Screening, Testing and Surveillance for Antibiotic-Resistant Organisms (ARO)*

[https://www.publichealthontario.ca/en/eRepository/PIDAC-IPC\\_Annex\\_A\\_Screening\\_Testing\\_Surveillance\\_AROs\\_2013.pdf](https://www.publichealthontario.ca/en/eRepository/PIDAC-IPC_Annex_A_Screening_Testing_Surveillance_AROs_2013.pdf)

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## Vancomycin Resistant Enterococci (VRE)



Patient/Visitor  
Information  
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# 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 in your bowel without causing infection. This is called colonization.

## What does an infection with VRE mean?

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

# 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 (wash with soap and water)
- 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 when visiting and helping to care for you, including being asked to wear a gown and gloves. They must wash their hands with soap and water when leaving your 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 VRE.

