

HOW CAN I HELP?

- Take antibiotics as prescribed.

IF YOU HAVE AN ESBL INFECTION:

- Clean your hands before and after touching your wound.
- Keep wound covered with clean dry bandages.
- Place used bandages in plastic bag and directly into garbage.



**HAND HYGIENE
THE BEST
WAY TO PREVENT
INFECTION**

HAND HYGIENE

Special care must be paid to hand hygiene as it is the best way to prevent the spread of germs.

GOOD HAND HYGIENE INCLUDES:

Alcohol-Based Hand Rub

1. Apply to palm of one hand.
2. Rub hands together, covering all of hands and fingers.
3. Rub until hands feel dry.

Hand Washing

1. Remove all jewelry.
2. Use warm running water and soap.
3. Spend at least **15-30** seconds lathering and washing hands.
4. Rub hands together, paying attention to fingertips, between the fingers, and thumbs.
5. Rinse thoroughly.
6. Dry with paper towel and turn off tap with paper towel.
7. Dispose of paper towel in the garbage.

**IT'S OK TO ASK NURSES , DOCTORS AND
OTHER HEALTH CARE PROVIDERS IF
THEY HAVE CLEANED THEIR HANDS.**

**REMIND VISITORS TO WASH THEIR
HANDS.**

EXTENDED- SPECTRUM BETA LACTAMASE (ESBL) PRODUCING BACTERIA

**Information for Clients,
Residents, Families and
Visitors**

WHAT ARE EXTENDED-SPECTRUM BETA LACTAMASE (ESBL) PRODUCING BACTERIA?

- ESBL are bacteria (germs) that produce enzymes called Beta Lactamase.
- These enzymes break down some antibiotics so they don't work.
- When antibiotics will no longer kill certain germs, they are called antibiotic resistant.
- ESBL bacteria (germs) can still be treated. Your clinician will choose the best antibiotic to treat your infection.

HOW ARE ESBLs SPREAD?

ESBLs can be passed directly from person-to-person on unclean hands or indirectly on soiled client/resident care equipment.

WHO IS AT RISK OF GETTING ESBLs?

Anyone can get an ESBL infection but those most at risk are those who are:

- Seriously ill.
- Hospitalized for a long time.
- Have taken many antibiotics.
- Some people carry the ESBL bacteria without becoming ill. This is called *colonization* and needs no treatment.

INFECTIONS COMMONLY ASSOCIATED WITH ESBL:

- Urinary tract infections
- Pneumonia
- Wound infections

WHAT TO EXPECT WHILE IN HOSPITAL

Routine Practices will be followed while you are in hospital or long-term care facility. Some of these include:

- **Always perform good hand hygiene especially before you leave your room.**
- All staff and visitors must **clean** their hands when they enter and leave your room.
- Staff will wear gloves when handling blood or body fluids.
- A dedicated commode will be placed at your bedside for you to use.