

WHAT WILL HAPPEN WHEN I LEAVE THE HOSPITAL?

- You can return to your normal routine.
- Good handwashing by everyone in the household is important.
- Avoid sharing personal objects such as towels, washcloths, and razors.
- Laundry and dishes can be done as usual, no special cleaning is required.

HOW CAN I HELP?

- If you go to another doctor or are readmitted to hospital please tell them you were on special precautions for VRE
- Take antibiotics until as prescribed by your healthcare provider.

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

**REMIND VISITORS TO CLEAN THEIR
HANDS.**

**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.

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VANCOMYCIN RESISTANT ENTEROCOCCUS (VRE)

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

**INFECTION PREVENTION
& CONTROL PROGRAM**
www.easternhealth.ca



WHAT IS VANCOMYCIN RESISTANT ENTEROCOCCUS (VRE)?

Enterococcus is a germ that lives in the bowel of most people. Vancomycin resistant *enterococcus* (VRE) is the same germ, but it is a strain that has developed resistance to the antibiotic Vancomycin.

DO ALL PEOPLE WITH VRE BECOME SICK?

No, these germs can sometimes cause infections but most people who acquire VRE only carry it in their bowel and never become sick.

In some cases, VRE can cause serious infections such as urinary tract infections, wound infections, or blood infections. These infections may require special antibiotics.

WHO IS AT RISK OF GETTING VRE?

Individuals most likely to get VRE are those who:

- Are seriously ill.
- Have been hospitalized for a long time.
- Have taken many antibiotics.

HOW IS VRE SPREAD?

VRE is usually passed to others by direct contact with stool, urine, or blood.

In hospital settings it can also be spread by unwashed hands and contaminated surfaces.

WHAT TO EXPECT WHILE IN HOSPITAL

- You will be placed on Contact Precautions when you are admitted to the hospital.
- A sign will be posted on your door.
- You may be required to stay in your room.
- Before you leave your room clean your hands.
- Do not visit other inpatient units.
- Do not visit the unit kitchen area.
- Staff and visitors will wear gown and gloves when providing direct care.
- All staff and visitors must clean their hands when they enter and leave your room.
- Items brought into your room must stay in the room. VRE can live on objects in the room so it is important to clean items before they are taken out of the room.
- A note will be made on your electronic client chart that you require contact precautions when you are admitted to the hospital.

CAN MY FAMILY AND FRIENDS COME TO VISIT?

Yes, here are things they should do:

- Check with the nurse before entering your room.
- Clean their hands when they enter and when they leave your room.
- Follow the directions on the sign.
- Check with staff before bringing any items, including food, in or out of your room.
- Ask staff for items from the kitchen and utility room.
- Wear gown and gloves if they are helping with your direct care.
- Always remove gowns and gloves before leaving your room. Gloves do not substitute for cleaning your hands. Always clean your hands after removing gloves.
- If visiting other clients/residents, schedule their visit so that their visit with you is the last one before leaving the hospital.