

WHAT WILL HAPPEN WHEN I LEAVE THE FACILITY?

- You can return to your normal routine.
- Good hand washing by everyone in your household is important.
- Avoid sharing personal items 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 are readmitted to hospital or go to another physician, let them know that you were on special precautions for CRGNB.
- Take antibiotics as prescribed by your health care provider.

**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.**

REMINDE VISITORS TO CLEAN THEIR HANDS.

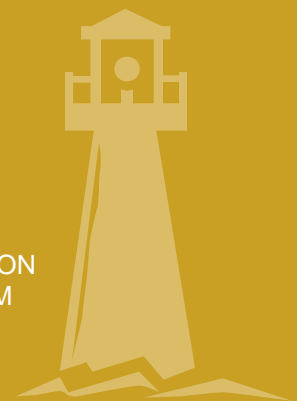
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CARBAPENEM RESISTANT GRAM- NEGATIVE BACILLI (CRGNB)

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

INFECTION PREVENTION
& CONTROL PROGRAM
www.easternhealth.ca



WHAT IS CARBAPENEM RESISTANT GRAM-NEGATIVE BACILLI (CRGNB)?

Gram-negative bacilli are one of the major types of bacteria found in and around our bodies. Most are harmless; however, some have developed a resistance to a class of antibiotics known as *carbapenems*. This can make treating an infection (if it develops) more difficult because the available effective antibiotics that can be used will be limited.

DOES EVERYONE WHO COMES IN CONTACT WITH CRGNB GET SICK?

No, individuals can be *colonized* with CRGNB; this means the bacteria is living on/in your body, but you are not sick.

However, if you have an *infection*, you will need special antibiotics.

WHO IS AT RISK OF GETTING CRGNB?

People most at risk to get CRGNB are those who:

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

HOW IS CRGNB SPREAD?

It is spread person-to-person on individual's hands or equipment that has not been cleaned between use.

WHAT TO EXPECT WHILE IN HOSPITAL?

To prevent the spread of CRGNB to others, the following precautions will be taken when you are admitted to hospital:

- A contact precautions sign will be posted on your door, and you will be required to stay in the room.
- When leaving the room (for tests/procedures), you must clean your hands.
- You must wash your hands after using the toilet, touching or blowing your nose, and before you eat. If you have trouble cleaning your hands, ask for help.
- It is important that all staff and visitors clean their hands with an alcohol-based hand rub or soap and water when they enter and when they leave your room. Do not be shy about reminding everyone to clean their hands.
- Staff will wear a gown and gloves while providing direct care.
- All items and surfaces in the room will be cleaned daily.
- The equipment used in your daily care will remain in your room.
- Do not visit other inpatient units or the kitchen.

CAN MY FAMILY AND FRIENDS COME TO VISIT?

Yes, here are things they should do when visiting:

- Check with the nurse before entering your room.
- Clean their hands before entering and leaving the room.
- Follow directions on the sign posted on the door.
- Check with staff before bringing food into or out of the room.
- Ask staff for items from the kitchen or utility room.
- Wear gown and gloves while visiting.
- Gown and gloves must be removed before leaving the room and hands must be cleaned.
- If visiting other clients/residents, schedule their visit so that their visit with you is the last one before leaving the hospital.