

HAND CARE

Wash your hands for at least 15 seconds after using the toilet, blowing your nose, before eating or before preparing food. If you have a wound dressing, gloves should be worn for wound care, and hands washed immediately after glove removal. Caregivers should wash their hands after providing care. Gloves should be used to handle body fluids or soiled items. Discard disposable gloves in the regular garbage or clean rubber gloves after use.



EATING

No special precautions are required.

CLEANING YOUR HOME

No special precautions are required. This bacterium is easily destroyed by any household cleaning product. Wet a clean cloth thoroughly with a properly diluted cleaning product. Wipe surfaces starting from the cleanest area and moving towards the dirtiest area. Let the surfaces air dry. This will allow enough contact time with the cleaning product to kill the bacteria.

LAUNDRY

Clothing may be washed as usual. If items are heavily soiled with body fluids (e.g., urine, stool), rinse them prior to washing with detergent.

WASTE MANAGEMENT

Put all disposable waste (like dressings and bandages) into plastic bags. Tie the bags and dispose in regular garbage.

WHAT SHOULD I DO IF I NEED CONTINUING HEALTH CARE?

When any further health care is needed, you should let the health care worker know that you have an ESBL. You may still carry an ESBL even though you feel well and it is causing you no harm.

You need to give this information:

- when you go to a doctor
- when you go to a hospital or clinic
- any time you need to give a medical history

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 nurse, Infection Prevention & Control Practitioner or your physician.

If you are not a patient in the hospital but would like more information regarding ESBLs, contact your physician or the Eastern Ontario Health Unit.



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EXTENDED SPECTRUM BETA- LACTAMASE (ESBL)



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WHAT IS AN ESBL? ?

ESBL stands for Extended Spectrum Beta-lactamase. ESBLs are enzymes produced by some bacteria. Bacteria can cause infections. To treat or kill these infections antibiotics are used. When bacteria have ESBLs, many antibiotics do not work in treating the infection.

An ESBL can be found on the skin or in the rectal area without causing an infection. This is called the carrier state. An ESBL may cause a problem for patients in the hospital who have a low resistance to infection.

WHAT ARE THE SYMPTOMS OF AN ESBL?

If an infection caused by an ESBL occurs, the symptoms depend on where the infection is. For instance, with a wound infection, it will cause redness of the surrounding skin and a discharge from the wound. If it is in the urine, it may cause burning when urinating. It may also cause the need to urinate more often.

CAN ESBL BE TREATED?

Yes. If an infection occurs you will be given antibiotics. If you have ESBL, but do not have an infection (the carrier state), antiseptic soap may be used.

HOW IS IT SPREAD?

It can be spread by touching people who have it or by handling things that they have used. Washing your hands well is the most important thing you can do to stop the spread of ESBL.



WHAT HAPPENS IF I HAVE AN ESBL?

If you have an ESBL, you will have a room of your own or share a room with another patient who also has an ESBL. This helps to protect you and prevent the spread of an ESBL. While in hospital you will be in Contact Isolation.

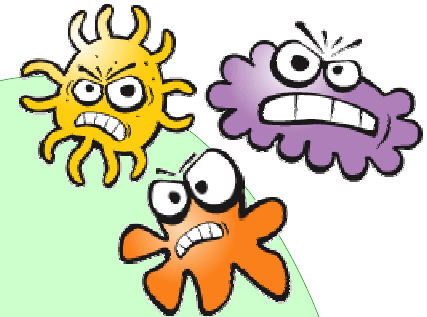
PREVENTION OF TRANSMISSION IN THE HOSPITAL

WHAT SPECIAL PRECAUTIONS ARE REQUIRED?

Contact Precautions help reduce the risk of spreading infections to patients, visitors and staff. A sign is put on your door to let staff and visitors know that you are in Contact Precautions. People entering your room must wear a gown and gloves. Supplies are stored outside your room. Everyone helping you with personal care must wear a gown and gloves. Before leaving your room, everyone must take off their gown and gloves and wash their hands. You have to stay in your room unless you need to go for a test or x-ray. If you need to leave, a staff member will help you get ready. You and the staff member taking you for your diagnostic test will wear personal protective equipment. Do not go to common areas such as the ward kitchen, hospital café or other patient rooms. Wash hands well and often. Use soap and water or the waterless hand rinse that is placed in your room and outside the doorway.

CAN I HAVE VISITORS?

Yes. Healthy people are not at risk for developing infections with an ESBL. Visitors must wear a gown and gloves in the room. They must remove the gown and gloves and wash their hands when leaving the room. There will be a sign on the door to let your visitors know what to do. Visitors should not go to common areas such as the lounge without first washing their hands.



ESBL AT HOME

WHAT SPECIAL PRECAUTIONS ARE REQUIRED?

Generally speaking, people in the hospital are sicker and more susceptible to infection than people in the community. Therefore, once at home, precautions need not be as strict. Nonetheless, certain steps can help reduce the risk of spreading the germ to family members and other visitors.

