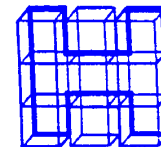


# PATIENT AND FAMILY INFORMATION

IF YOU HAVE ANY QUESTIONS ABOUT  
INFECTION CONTROL, PLEASE ASK YOUR  
NURSE TO CONTACT THE  
INFECTION PREVENTION & CONTROL  
OFFICE.

## Extended Spectrum Beta Lactamase Producing Bacteria

**ESBLs**



**GOOD HAND WASHING IS THE BEST WAY  
TO PREVENT THE SPREAD OF THIS  
AND OTHER BACTERIA.**

Lake of the Woods  
District Hospital



## **WHAT IS EXTENDED SPECTRUM BETA LACTAMASE (ESBL)?**

Extended Spectrum Beta Lactamsae are enzymes produced by some bacteria or germs that can make them resistant to certain antibiotics. These bacteria or germs can be found in many parts of your body but are normally found in your bowel.

## **WHAT DOES ANTIBIOTIC RESISTANT MEAN?**

Antibiotics are drugs used to treat infections caused by germs. Sometimes these drugs will no longer kill the germs and these germs are called antibiotic resistant.

## **HOW DOES A PERSON GET AN ESBL?**

ESBL can be present in patients in the hospital. This bacteria can be spread by not washings hands, especially after using the bathroom. The spread of ESBL in a hospital can occur most commonly through contact with another person that has an ESLB, or on the hands of health care workers.

## **WHO GETS AN ESBL?**

Anyone can get an ESBL. Patients in hospitals who have open wounds, catheters or drainage tubes and those who are very ill are most likely to get an ESBL. Long stay in a hospital, receiving a lot of antibiotic or contact with a person or equipment that has an ESBL might increase one's risk getting an ESBL. The general public living in the community is at low risk of getting an ESBL, so there is generally no need for special precautions in the home.

## **WHY ARE SPECIAL PRECAUTIONS IN THE HOSPITAL NEEDED?**

It is important that special precautions are taken during a hospital stay to spot the germ from spreading to other patients.

## **WHAT ARE THE SPECIAL PRECAUTIONS?**

Some of the precautions may include:

- Having the patient remain in a private room
- A sign placed on the door of the room to alert every one of the precautions needed.
- Everyone must wash their hands with hand rub (sanitizer) when leaving the room.
- If the patient has to leave their room, their hands must be cleansed with hand rub (sanitizer), and skin wounds must be covered.

## **WHAT ABOUT FAMILY AND VISITORS?**

Family and friends can visit but they will be told to wash their hands with hand rub (sanitizer) before leaving the room. Visitors may still have close contact such as hugging, kissing and handholding. Family members rarely get an ESBL. If they do, it does not pose a risk to their families or to other healthy people.

## **WHAT ABOUT AT HOME?**

There are no special precautions at home except people should wash their hands often. Hands should be washed after going to the bathroom, or touch their wound. This is always good to do to prevent the spread of germs and not just because someone has ESBL.