

FactSheet

Para Su Información

Infection Control for Antibiotic-Resistant Diseases

(For Patients and Family Members)

Medication

The patient must take all antibiotics as directed and take the medication until stopped by the doctor.

Hand Care

1. Wash hands before and after touching the patient or items the patient has used.
2. Wash hands with soap and running water for 20 seconds. Use friction and rub all surfaces.
3. Use an antibacterial soap.
4. Rinse and use paper towel to dry.
5. Wash with waterless hand cleaner when there is no soap and water.
6. Wear rubber gloves if you must handle stool or urine. Wash hands after removing the gloves.
7. Wash your hands frequently, especially after using the toilet and before eating.

Eating

1. Do not share dishes, glasses, straws, or utensils with a patient.
2. Do not share food.
3. Wash your hands thoroughly before preparing food.
4. Wash your hands before eating.
5. Wash dishes in a dishwasher with hot water.
6. If you do not have a dishwasher, wash the dishes with dish soap and hot water and pour boiling water over dishes after they are washed.
7. As an alternative, use disposable dishes or utensils.

Cleaning Your House

1. Clean your house with detergent and disinfectant daily.
2. A solution of bleach and water to clean. Mix one tablespoon of bleach in 32 ounces (4 cups) of water. You should make a new batch each day. You may use a commercial disinfectant cleaner.
3. Antibiotic resistant bacteria are easy to kill on surfaces, as long as the disinfectant cleaner is left on the surface for enough time. Saturate the surface with disinfectant cleaner and let it air dry, giving it enough time to kill the germs.
4. If possible, the patient should have his or her own bathroom. If not, clean the toilet and sink daily. Be especially careful to clean after bowel movements. Clean the tub after each use.
5. Wash hands when finished.

Waste Management

1. Put all disposable waste, such as bandages, into plastic bags.
2. Tie bags securely and throw out with the regular garbage.
3. Wash hands when finished.

Laundry

1. Wash the patient's clothes and linen in a separate wash load with warm water, detergent and bleach.
2. Dry clothes in a clothes dryer.
3. Dry clean articles that you cannot wash.
4. Wash hands after touching dirty clothes.

(continued)

5. Remove any “dry clean only” clothing items from your closet that may have been exposed to the infected person before isolation. Take the items to be dry-cleaned.

The Following People Should Not Visit You:

1. People under 14 years of age.
2. People over 65 years of age.
3. People who take steroids for asthma or arthritis.
4. People who receive cancer treatment such as radiation and chemotherapy.
5. People who have wounds or sores, especially on their hands.
6. People who have HIV/AIDS or another illness with immunity problems.

Notes

- Notify doctors or nurses with whom you have had contact that you or a family member has MRSA, VRE or an antibiotic-resistant infection.
- If a family member develops a skin infection, contact your doctor immediately. Be sure to inform the doctor that they have been exposed to an antibiotic-resistant infection.



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