

VANCOMYCIN RESISTANT ENTEROCOCCUS
Questions and Answers for Patients and Families*

What precautions should be followed when I go home?

Hand washing is the most important measure. Always wash hands carefully after using the toilet, employing an antibacterial soap for at least 15 seconds. If you require continued care at home, then you, or whoever is caring for you, should wear gloves when handling body fluids (urine, wound drainage, feces, etc.) And wash hands with an antibacterial soap after providing care, handling body fluids, or contacting surfaces contaminated with body fluids. Disposable items soiled with body fluids (dressings, diapers, used gloves, etc.) should be tied in a plastic bag before being placed in the trash. Good cleaning with a household disinfectant is adequate. Laundry can be done according to manufacturer's directions using standard detergent (add bleach for items heavily soiled with body fluids.) Dishes and utensils can be washed as usual.

*Adapted from the West Virginia Department of Health and Human Resources

HANDWASHING

WHEN TO WASH YOUR HANDS:

Before starting and returning to work.

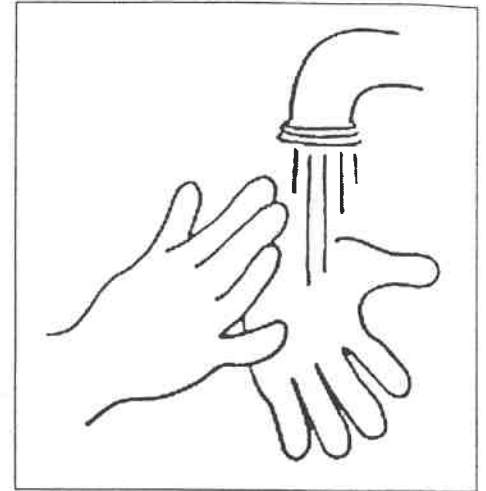
After using the restroom.

After hands become obviously soiled with potentially infectious materials.

Before eating, drinking, or handling food.

Before leaving your work area.

Before contact with potentially susceptible people.



HOW TO WASH YOUR HANDS:

Use warm water.

Wet both hands and wrists well before applying soap.

Apply soap.

Wash for at least ten to fifteen seconds.

Rinse hands and wrists well to remove all soap.

Dry completely.

Turn off faucet with paper towels. This avoids contamination of clean hands.

Dispose of paper towels properly.

If no hand washing facilities are available, use a waterless, antiseptic hand cleaner.

REMEMBER:

Hand washing is one of the most important activities one can do to help prevent the spread of infection. 80-90% of all germs are transmitted by people's hands.