

Normal laundry procedures are adequate, however, if laundry is soiled with urine or faeces it should be treated as infected. Items that are soiled should be washed at the highest temperature the item will withstand.

If you develop an infection, you should be isolated until the infection has resolved, or if you have diarrhoea, you should be isolated until symptom free for 48 hours. Care staff should follow routine precautions when dealing with bodily fluids and wear disposable gloves and apron when entering your room when you are isolated.

#### What can I do?

It's really important that you wash your hands regularly.

If you are prescribed any antibiotic for any infection, it is vital that you follow the instructions and take the required dose at the required time for the required duration. Prescribers should be reminded about your colonisation.

#### Further Advice

You can talk to your GP or Practice Nurse if you would like further advice.

Care home staff can contact the Infection Prevention Team at Lancashire County Council via email if further support is required:

[infectionprevention@lancashire.gov.uk](mailto:infectionprevention@lancashire.gov.uk)

# MULTI-DRUG RESISTANT Organisms Colonisation



### What are they?

Certain bacteria, for example, Glycopeptide-resistant Enterococcus (GRE), Vancomycin-resistant Enterococci (VRE), Carbapenem-resistant Enterobacteriaceae (CRE) are resistant to some antibiotics.

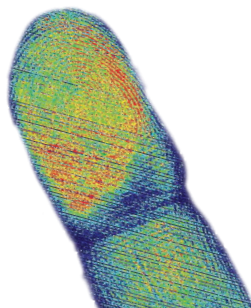
Resistance occurs when bacteria change in a way that reduces the effectiveness of the drugs or other agents designed to cure or prevent infections. The bacteria survive and continue to multiply, causing more harm.

It is important to remember that it is not you that is resistant to specific drugs, it is the bacteria that has become resistant to the drugs.

### Where are they?

Colonisation is when there is bacteria present on your skin or living harmlessly in your gut. The bacteria do not usually cause you any harm – you may also be referred to as a 'carrier'.

There is a risk that these bacteria can be transferred from one person to another as a result of cross infection.



### How long will colonisation last?

How long you will be a carrier for is unknown but can be long-term.

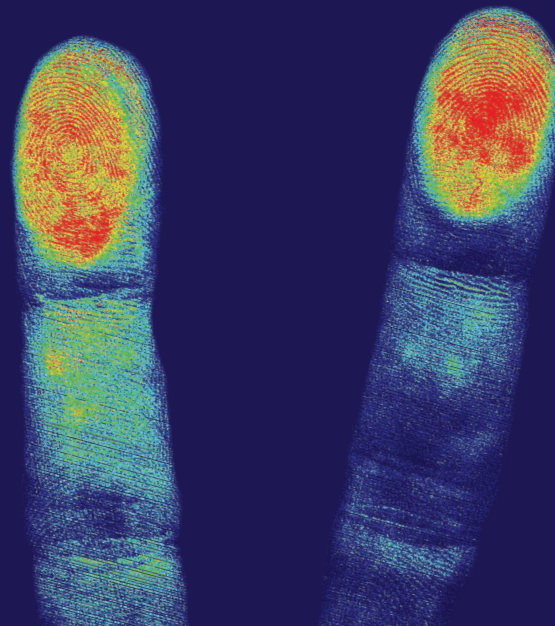
### Should it be treated?

It is not always necessary to treat those colonised with bacteria.

It is unlikely the bacteria will cause you any harm if you are a carrier. If the bacteria enters your body (i.e. via a wound or invasive device such as a catheter) then this can cause an infection which could make you poorly and you may need hospital treatment.

### Infection Prevention Advice.

Hand hygiene is vital in preventing the spread of any infection. You, your visitors and care staff should wash



hands regularly, particularly after using the toilet and before eating. Hands should be washed with liquid soap and dried with disposable paper towels. Alcohol gel can be used for hand hygiene if hands are visibly clean.

If you live in a care home then you do not usually require isolation unless you have an active infection.

Visitors to your care home are NOT at risk and you may receive visitors and go out of the home to visit your family and friends and for other social activities as normal.

If you have any wounds, these should be covered with an impermeable dressing.

If you have been in hospital, you can return to your care home as normal once you are deemed medically fit for discharge.

