

Living with Patients Carrying Resistant Bacteria at Home

Information Sheet for the Patient and Family



Background:

- ☼ Hospitalized patients may contract antibiotic-resistant bacteria and become a carrier.
- ☼ These bacteria may pose a risk for patients, but not usually to healthy people. Therefore, they are not hazardous to most relatives.
- ☼ As a result, the rules at home differ from those that you were asked to follow during hospitalization.
- ☼ Since bacteria are often transmitted by hand contact, it is important to ensure that the patient and family members practice good hand hygiene, but taking special isolation precautions is unnecessary.
- ☼ Your routine lifestyle can continue while maintaining personal and environmental hygiene.

Guidelines for behavior at home (for both the patient and family):

- ☼ Always practice good hand hygiene - wash your hands with soap and water before touching food, after visiting the bathroom or changing a diaper.
- ☼ When treating wounds or cleaning secretions (stool, urine), use disposable gloves, following which be sure to wash your hands with soap and water.
- ☼ Environmental cleaning - make sure that the bathroom, bed linen and your clothing are clean.
- ☼ Close contact with a carrier (sleeping together, sexual contact, kissing and hugging) is permissible.
- ☼ Avoid using the carrier's personal belongings, such as towel and clothing.
- ☼ You may launder the carrier's clothing with the rest of the family's laundry.
- ☼ Equipment at home, such as dinnerware, toilet, and shower, may be shared.
- ☼ There is no restriction to participating in social activities and you and the patient may use public transport.
- ☼ It is permissible for the carrier to come into contact with a newborn, a pregnant woman or a relative with a weak immune system, provided that the carrier wears clean clothing and washes his/her hands before contact.
- ☼ When being treated in the community or hospital (clinics, diagnostic services), the patient must inform the medical teams that he/she is a carrier of a resistant bacterium.

Feel free to contact the attending staff or the hospital's Infection Control Unit with any questions

