

Give all the handshakes and hugs as you did before you heard of these kinds of bacteria. You do not need to wash your hands after casual contact.

The Home Care Nurse and/or the Homemaker may need to wear gloves and/or gowns when giving care. This is done to prevent the spread of bacteria to other people they are caring for.

## **Fraser South Home Health Care Offices**

Ladner Home Health Care  
4470 Clarence Taylor Crescent  
604-952-3553

Langley Home Health Care  
#101 20651 56<sup>th</sup> Avenue  
604-532-6514

Newton Home Health Care  
1009 7495 132<sup>nd</sup> Street  
604-572-5347

Surrey\North Delta  
Home Health Care  
#1500 13401 108 Avenue  
604-953-4975

White Rock Home Health Care  
Berkley Pavilion  
15476 Vine Avenue  
604-541-6800



## **Fraser South Home Health Care**

# **Managing Antibiotic Resistant Organisms (Bacteria) in the Home**

## **What are Antibiotic Resistant Organisms (bacteria)?**

They are common bacteria, which have stopped responding to usual antibiotics. Once these bacteria are on or in your body, they can remain for weeks, months, or even years without causing an infection. If you do develop an infection, your doctor will decide how best to treat it.

The most common way these bacteria are spread from one person to another is by hands, which have not been washed. It is important for the person with the bacteria & caregivers to wash their hands after giving care. (Ask the Home Care Nurse for a copy of the "Good Hand Washing in the Home" pamphlet).

It is less likely for bacteria to be spread from things like railings, faucets or handles that may have bacteria on them.

## **Managing Antibiotic Resistant Organisms (bacteria) in the Home**

In your own home the best way to prevent the spread of these bacteria is good hand washing and household cleaning.

Your house should be cleaned with products that kill these bacteria (e.g. Lysol, Pine-sol, Mr. Clean). Follow instructions on the bottle when using these cleaners. Bathtub/showers can be cleaned in the same way or use ½ a cup (125mls) of household bleach (5.25%) in 1 quart (1000 mls) of water.

Hot water and soap is all that is needed for cleaning kitchen/eating utensils and laundry.

Personal items such as razors, toothbrushes and towels should not be shared with others.

People with these bacteria are usually safe to share a toilet.

A separate toilet may be best if a person has diarrhea or has no bowel and/or bladder control.

Throw out household garbage as usual.

It is not necessary to use antibacterial soaps.