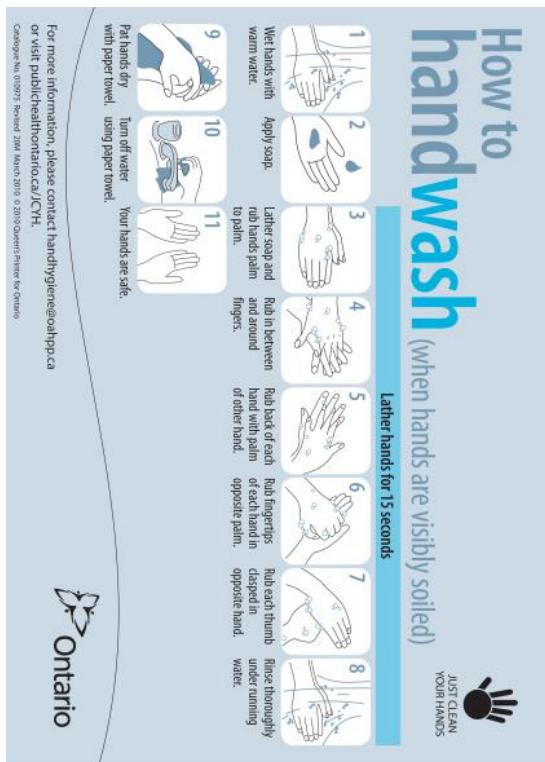


Good hand washing is the most important infection control practice.

- Use warm running water and soap
- Lather and rub hands together, paying attention to fingertips, cuticles and under nails
- Spend at least 15 seconds lathering and washing hands
- Rinse hands thoroughly and pat dry
- Turn off the taps with paper towel
- Apply lotion several times throughout the day to help prevent dry, cracked skin, which can be an opening for infection



For more information, please contact handhygiene@oahpp.ca
or visit publichealthontario.ca/CHH
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Who can I talk to for more information about VRE?

Contact Infection Prevention and Control at 905-472-7373 and ask for the Infection Control Practitioner.

Infection Prevention and Control 2022
#9828



VRE (Vancomycin Resistant Enterococcus)

Patient and Visitor Information



Brochure mnemonic goes here

381 Church Street
Markham, ON L3P 7P3
Oakvalleyhealth.ca

What is Vancomycin Resistant Enterococcus (VRE)?

Vancomycin is an antibiotic used to treat certain infections, including those caused by most strains of Enterococcus. Enterococci are bacteria found normally in the intestinal tract (bowels) of most individuals and generally they do not cause harm. When Vancomycin is unable to kill this bacterium, the bacterium is called VRE. If a person gets an infection caused by VRE, such as a urinary tract or blood infection, it may become more difficult to treat.

How is VRE spread?

VRE is spread from one person to another, usually by caregivers, through physical contact or from touching contaminated material discharged by an infected person. VRE is found on the hands of caregivers or on articles contaminated by the skin of a person with VRE such as towels and sheets. VRE can survive well on hard surfaces. Washing hands with soap and water is the best way to stop the spread of VRE.

What can I expect in the hospital if I am diagnosed with VRE?

If you carry VRE you may expect the following precautions to take place during your stay at the hospital to stop the spread of infection to other patients.

These precautions include:

- Single room accommodation
- A gown and gloves must be worn by everyone who cares for you
- A sign will be placed on your door to remind others who enter your room about the special precautions
- The room and equipment used in the room will be cleaned and disinfected regularly
- Everyone who leaves your room must clean their hands
- You must clean your hands before you leave your room

Clean your hands:

- After using the bathroom
- After blowing your nose
- Before eating or drinking
- Before and after you touch your dressing or wounds
- When your hands are visibly dirty
- Before you leave your room

What do I need to do at home if I have VRE?

If you have VRE when you are discharged from hospital, the chance of spreading the bacteria to your family is small. We do recommend you practice the following:

- Everyone who might help you should wash his or her hands after contact with you
- Wash your hands before you make any food and before you eat
- Wash your hands after using the toilet
- Clothing may be laundered in the same way as the rest of the household laundry
- No special cleaning of furniture or items (e.g. dishes) in the home is required
- Always tell your physician, paramedics, nurses or other care providers that you have VRE