
Contacts of an Antibiotic Resistant Organism (ARO) Related to an ARO Outbreak

Client, Family & Visitor Information – For Acute Care

What are contact precautions?

Contact precautions are used when you have (or may have) germs that can be passed on to others. A client on contact precautions is placed in a room with a contact precaution sign to notify staff, family and visitors of the required precautions. These precautions are used to help decrease the spread of Antibiotic Resistant Organisms (AROs).

Why have I been placed on contact precautions?

You have been identified as someone who may have higher risk of being in contact with an ARO due to your current stay, or a previous recent stay on an Acute Care Unit experiencing an ARO outbreak. This contact could have been direct contact with another person who was later found to have an ARO, or with their environment (i.e., shared bathroom). You are **not** currently positive for an ARO. You have been placed on contact precautions until you can be screened for the ARO.

How long do I need to be on contact precautions?

Contact precautions are required until you have had one negative ARO screen at least 7 days after contact with an ARO if you have been identified during your current stay, **OR** one negative ARO screen if you are being readmitted to hospital.

What is an Antibiotic Resistant Organism?

Antibiotic Resistant Organisms, or AROs, are microorganisms (germs) that are resistant to many commonly used antibiotics. A person can be colonized with an ARO or have an ARO active infection.

What is colonized?

This means that you are not sick and have no symptoms, but you still have an ARO living on your body. People who are colonized do not need any treatment.

What is an active infection?

This means that you have symptoms of infection (i.e., redness, heat, pain, and swelling).

How are AROs spread?

- They spread from person to person by poorly washed or unwashed hands.
- They can be spread by touching contaminated surfaces such as railings, door handles and sink faucets.
- Some AROs are carried in the bowel, so the bathroom is a place that can be contaminated and therefore transmit the bacteria to others using the same bathroom.

What can I do when I am on contact precautions?

Clients:

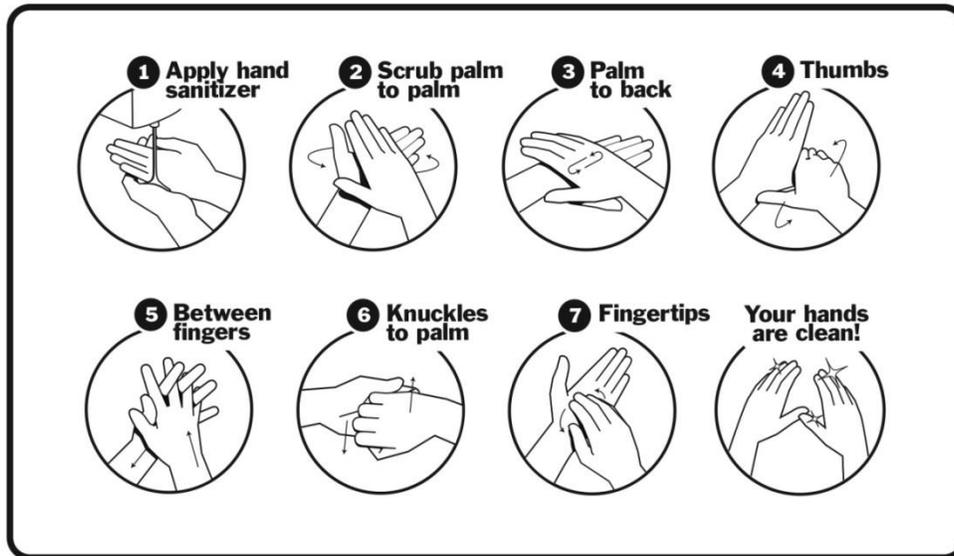
- Clean hands frequently, especially after using the bathroom, before eating and after coughing and sneezing.
- Cover your nose and mouth with a tissue or your upper arm when coughing and sneezing.
- Limit items in the room so it is easy to clean (i.e., books, cards, newspaper). Have things you do not need taken home.
- Do not visit on other hospital units.
- Limit visitors.
- **Stay in your room. Leave the room for required tests or therapy only.** If you need to leave your room for procedures, tests or therapies:
 - Make sure the nurse knows where you are going
 - Clean hands with alcohol-based hand rub or soap and water as shown on back of the page
 - Gloves are not required
 - Staff will provide a clean housecoat or gown if you do not have freshly laundered clothes
 - Staff will wear a gown and gloves if they need to help you

- If you leave the building, clean your hands before leaving and when you return
- Do not visit:
 - Common areas such as TV, reading and family rooms
 - Unit kitchen and mobile food carts
 - Public washrooms

Family/Visitors:

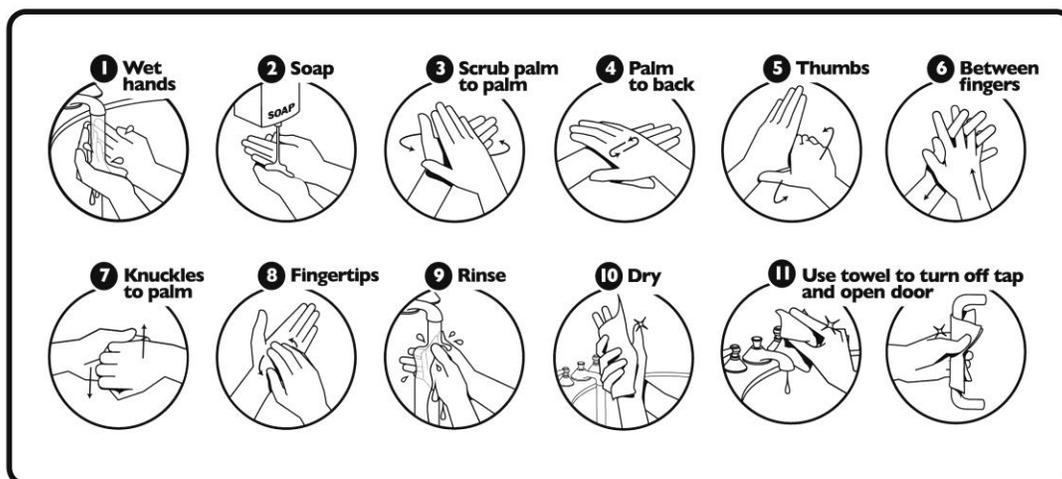
- Always clean your hands before entering and when exiting the room.
- If you are able to visit without providing care, clean your hands before and after the visit.
- If you will be providing direct care (feeding, bathing, toileting, transferring) you need to wear a gown and gloves.
- If the client is in a multi-bed room, the privacy curtain should be pulled at all times.
- Avoid visiting or assisting other clients.
- Use public washroom facilities, not the client bathroom.
- Avoid use of common areas when visiting (TV lounges, kitchen area or nutrition carts).

Cleaning hands with alcohol-based hand rub:



** Remember to rub for a full 15 seconds. Rub hands until the product is completely dry.

Cleaning hands with soap and water (if available):



If you have any questions, please speak to your nurse.