

Can family & friends visit me?

There is no reason to restrict your visitors. Visitors should always wash their hands before their visit with you and wear a gown and gloves. When they are ready to leave, remove the gown & gloves and immediately wash their hands.

Can my family catch this germ?

It is unlikely that your family will catch this germ if they wash their hands well.

What will happen when I go home?

Good handwashing is always important. Wash your hands well after using the bathroom and before eating. Clothing may be laundered in the same manner as the rest of the household laundry. If you go to another doctor or hospital, please inform them that you were once on precautions for an ARO.

*If you have any other questions
speak with your doctor, nurse or
Infection Control Professional*

Infection Control 

...keeping us all in safe hands.

**Infection Control
2007**



SBGHC - Chesley, Durham, Kincardine and Walkerton

**Information
For Patients
And Their Families**

***Antibiotic
Resistant
Organisms
(ARO)***

Antibiotic Resistant Organisms

This brochure has been written to help you learn about Antibiotic Resistant Organisms (AROs).

What is an ARO?

Many different germs live in our bodies and in our environment. AROs are germs that are not killed by the usual medicines (antibiotics). People who carry these germs on or in their body without getting sick are said to be “colonized”. Those people who get sick with it are said to be “infected”.

The most common AROs are:

- **MRSA:** Methicillin-resistant *Staphylococcus aureus*.
Staphylococcus aureus is a germ that many healthy people carry in their nose and on their bodies. MRSA is a resistant form of *Staphylococcus aureus*.
- **VRE:** Vancomycin-resistant enterococcus is a germ that many healthy people carry in their bowel or gut. VRE is a resistant form of Enterococcus.

- **Multi-Drug Resistant Gram Negative Bacilli.**
These germs commonly live in the bowel or gut. They can become resistant due to repeated use of antibiotics.

Am I at risk of getting an ARO?

Some people who have been to hospital, or in a nursing home may carry an ARO. These germs normally do not cause illness. However, the elderly, patients who are unable to fight off infections due to certain conditions, or a patient who has been treated with many antibiotics may be at risk of getting an ARO.

What happens if I get an ARO?

You will be placed in isolation if one of your tests (culture reports) shows that you carry an ARO. We must isolate you as a safety measure to prevent the spread of AROs to other patients.

What does isolation involve?

- You will be placed in a private room or you may share a room with someone

else who has the same germ.

- A sign will be placed on your door and chart to alert hospital staff caring for you that you require this isolation.
- Staff caring for you should wear gloves and gowns to prevent them from carrying the germ to other patients.
- The hospital staff will determine when it is safe for a person with an ARO to come out of isolation.

It is very important that:

- Staff, doctors, family and friends wash their hands before and after contact with you.
- You wash your hands after using the bathroom and before leaving your room. You can walk in the hallways but avoid areas used by patients, staff and visitors.
- If you have uncontrolled diarrhea or open draining wounds, you will be asked to remain in your room.