

# FactSheet

Para Su Información

## Infection Control for Antibiotic-Resistant Diseases

*(For Patients and Household Contacts)*

### Medication

The patient must take all antibiotics as directed and take the medication until stopped by the doctor.

### Hand Care

1. Wash hands before and after touching the patient or items the patient has used.
2. Wash hands with soap and running water for 20 seconds. Use friction and rub all surfaces.
3. Use an antibacterial soap.
4. Rinse and use a paper towel to dry.
5. Wash with waterless hand cleaner when there is no soap and water.
6. Wear rubber gloves if you must handle stool or urine. Wash hands after removing the gloves.
7. Wash your hands frequently, **especially** after using the toilet and before eating.

### Eating

1. Do not share dishes, glasses, straws, or utensils with the patient.
2. Do not share food.
3. Wash your hands thoroughly before preparing food.
4. Wash your hands before eating.
5. Wash dishes in a dishwasher with **hot** water.
6. If you do not have a dishwasher, wash the dishes with dish soap and **hot water** and pour boiling water over dishes after they are washed.

7. As an alternative, use disposable dishes or utensils.

### Cleaning Your House

1. Clean your house with detergent and disinfectant daily.
2. Use a solution of bleach and water to clean. Mix one tablespoon of bleach in 32 ounces (4 cups) of water. Make a new batch each day. You may also use a commercial disinfectant cleaner.
3. Antibiotic resistant bacteria are easy to kill on surfaces, as long as the disinfectant cleaner is left on the surface for enough time. Saturate the surface with disinfectant cleaner and let it air dry, giving it enough time to kill the germs.
4. If possible, the patient should have his or her own bathroom. If not, clean the toilet and sink daily. Be especially careful to clean after bowel movements. Clean the tub after each use.
5. Wash hands when finished.

### Waste Management

1. Put all disposable waste, such as bandages, into plastic bags.
2. Tie bags securely and throw out with the regular garbage.
3. Wash hands when finished.

**(continued)**

## Laundry

1. Wash the patient's clothes and linens in a separate wash load with warm water, detergent and bleach.
2. Dry clothes in a clothes dryer.
3. Dry clean articles that you cannot wash.
4. Wash hands after touching dirty clothes.
5. Remove any "dry clean only" clothing items from your closet that may have been exposed to the infected person before isolation. Take the items to be dry-cleaned.

## The Following People Should Not Visit You:

1. People younger than 14 years of age.
2. People older than 65 years of age.

3. People who take steroids for asthma or arthritis.
4. People who receive cancer treatment, such as radiation or chemotherapy.
5. People who have wounds or sores, especially on their hands.
6. People who have HIV/AIDS or another illness with immunity problems.

## Notes

- Notify all doctors or nurses with whom you have had contact about the MRSA, VRE or antibiotic-resistant infection.
- If a household contact develops a skin infection, contact your doctor immediately. Be sure to inform the doctor that they have been exposed to an antibiotic-resistant infection.



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