

## You have been diagnosed with an antibiotic-resistant bacterium (or several bacteria):

- MRSA (Methicillin-resistant *Staphylococcus aureus*)
- ESBL *Klebsiella pneumoniae*
- CPE (carbapenemase-producing Enterobacteriaceae)
- VRE (Vancomycin-resistant *Enterococcus*)
- Multidrug-resistant *Pseudomonas aeruginosa*
- Multidrug-resistant *Acinetobacter baumannii*
- ESBL *E. coli* or some other ESBL Enterobacteriaceae

### Keep in mind when hospitalized:

The time antibiotic-resistant bacteria remain in the body varies individually. In some, they disappear quickly, and in others it may take years. Hospitals aim to prevent the spread of antibiotic-resistant bacteria with hand hygiene. It is important that you follow the staff's instructions on hand hygiene and moving about at the ward while you are hospitalized.

Please follow the staff's instructions regarding leaving the room. When you leave your room, you must wear clean clothes and dressings.

**Disinfect your hands** by taking two squirts of hand-disinfectant and rubbing it all over your hands

- Always when exiting and entering your room
- After using the toilet—wash your hands with soap and dry them first
- Before eating

Avoid unnecessarily touching any catheters, drains and wounds.

Also wash your hands with water and soap when they are dirty.

Keep any children's toys in the room. You are not allowed to swap out the hospital's toys without permission from the staff.

## **Visitors must follow these rules:**

- Disinfect your hands when entering and exiting the room. Take two squirts of hand-disinfectant and rub it all over your hands. Wash your hands with water and soap when they are dirty.
- Visitors do not need to wear protective equipment.
- Parents are responsible for disinfecting the hands of any visiting children. The children must stay in the room throughout the visit.

## **Keep in mind at home:**

Having antibiotic-resistant bacteria does not affect your normal life. You only need to inform healthcare staff about the bacteria. You do not have to tell anyone at your work, school, daycare, hobbies, or your friends and family.

If you are hospitalized, it is important that you let the treatment staff know if you or your family member has been diagnosed with antibiotic-resistant bacteria. Your doctor is then able to take it into account in case your treatment requires antibiotics.

## **Wash your hands with water and soap.**

- When your hands are dirty
- Before cooking and eating
- After using the toilet or changing diapers
- Before and after caring for a wound

Put dirty dressings and diapers into a garbage bag immediately.

Use a personal towel to dry your hands.

You can use regular cleaning products at home.

Wash your dishes and clothes as usual.

You can use public pools and saunas if your skin is intact, and you have no wounds.

Anyone can visit you regardless of their age.