

## Information to carriers of multiresistant intestinal bacteria

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A strain of intestinal bacteria, \_\_\_\_\_ (name of the bacteria), that is resistant to many antibiotics has been found in your sample.

These bacteria are normally widespread among human gut bacteria. The bacteria found in your sample differ from normal bacteria only in that many important antibiotics are not effective against them. These resistant \_\_\_\_\_ bacteria may be found in healthy people as well and they do not necessarily cause any symptoms. This is known as bacterial carriage. These bacteria are most commonly detected in the gut, but they may also be found in chronic wounds, urine etc. Carriage with no symptoms is not treated with antibiotics.

### Hand hygiene

These bacteria are harmless in normal everyday life and the home environment. Good hand hygiene is the most important means of preventing the spread of bacteria. At home, washing the hands carefully with water and liquid soap is important after going to the bathroom. Hands must be dried with a personal hand towel. In hospital and care homes, hand sanitiser is used in addition to hand washing, but this is not necessary at home.

### Other personal hygiene

All toiletries such as razors, brushes, skin creams, wound care articles or similar are for personal use only. As part of normal hygiene practice, a separate hand towel should be available for guests.

### Home nursing

requires some special attention. Inform home nursing staff of your carrier status so that they can follow the instructions given when performing care procedures. Being a carrier does not prevent normal interaction with other people or working. However, it is important to prevent the bacteria from spreading to severely ill patients who may get a severe infection that is difficult to treat. This means that while you are in hospital, you may have to be placed in a single room and treated with so-called contact precautions.

As stipulated by the Communicable Diseases Act, the hospital district maintains a register of persons diagnosed as carriers of bacteria that may cause problems and must be taken into consideration in patient care. The name and personal identity code of the carrier is entered in the register. The information in the register is confidential and is only used by the hospital district's Infection Unit. A note indicating your carrier status will also be entered in your patient journal and your local health centre will be informed. This is based on the Communicable Diseases Act. The note in your patient journal may be useful: if you contract an infection with fever, the doctor treating you may consider whether your carrier status should be taken into consideration in selecting an antibiotic for treatment of the infection.

### Contact information

Infection Unit  
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