

Hand disinfection in 30 seconds



Rub in a handful of hand disinfectant
(3 – 5 ml = 2 – 3 dispensers) until dry.



Wet your entire hand with the disinfectant
for at least 30 seconds.



Particularly important: fingertips and thumbtips,
palms and spaces between the fingers.

Contact person / presented by:

The **mre-netz regio rhein-ahr** is a network set up by the health authorities to prevent and control multi-resistant pathogens (MRE). The coordination and advice center is located at the University Hospital Bonn.

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VRE

Vancomycin resistant Enterococci

Information for patients
and relatives

Vancomycin resistant Enterococci

What does VRE stand for?

Enterococci are bacteria that are present in the intestines of all humans. In rare cases, they can also cause infections. Usually, enterococci can be treated with vancomycin, unless you have a particular strain of enterococci with resistance against vancomycin. These bacteria are then referred to as vancomycin-resistant enterococci (VRE).

When does it become dangerous?

In general, healthy, non-hospitalised people are not affected by VRE. However, in hospitals, the risk of transmission and disease is increased for certain patients. Particularly affected are those with weakened immune systems and seriously ill patients. It becomes dangerous when VRE bacteria from the intestines enter the bloodstream or other parts of the body and cause illness. Treatment for a VRE infection is difficult, because certain antibiotics are no longer effective.

When should treatment be given?

Your doctor will only administer specific antibiotic treatment, if you have symptoms caused by VRE. Treating VRE bacteria without symptoms is not advisable.

As an VRE patient you have to be prepared for the following

In hospital

In hospitals, there are immunocompromised and seriously ill patients, as well as patients who have recently undergone surgery. Various measures are required in order to minimize the transmission of VRE to these patients at risk. In case of single room isolation, visitors must report to staff before entering the patient's room and follow specific hygiene measures. The staff wears protective clothing (gowns, gloves) during your treatment in order to prevent transmission to other people.

Hand disinfection is particularly important:

Everyone (patients, visitors and staff) must disinfect their hands before leaving the patients' rooms!
(As described in the blurb.)

In your private life

- » There is a very low risk of transmission outside the hospital. Lead your normal life.
- » Wash your hands frequently and follow personal hygiene guidelines.
- » Inform any other doctors and carers you are in contact with, that you are colonised with or infected by VRE.
- » Avoid physical contact with people with open wounds and cancer.

As an VRE patient you have to be prepared for the following

In long-term care facilities and nursing homes

- » There are significantly fewer protective measures required in the long-term care and nursing home setting than in the hospital.
- » It is recommended, for example, to change linen frequently and to regularly disinfect your own hands and advise visitors to do the same.
- » Single rooms are only required in exceptional cases.

How is VRE transmitted?

High concentrations of VRE bacteria can be present in stool, sometimes in urine and even in open wounds. Lower concentrations can also be found in the patient's immediate environment (hand contact surfaces). From that environment, they are mainly transmitted to other people via hands.

What is our objective and how do we achieved it?

Our primary goal is to prevent VRE from spreading to other patients. The most important and simplest measure is to practice correct hand hygiene.



With the kind support of the MRE Network Rhein-Main