

I've been told I have a multi-resistant bacteria

ISLHD Infection Management and Control Service

What are multi-resistant bacteria?

There are many bacteria that can belong to this group and they can live in our airways and bowel without causing any harm. Some examples include *Klebsiella*, *E. coli*, and *Pseudomonas*. Sometimes these bacteria get into parts of the body they should not be. This is when they can cause problems like chest and bladder infections, or more serious things like blood or heart valve infections.

When you are told you have an antibiotic resistant bacteria, this means that it has become resistant to some antibiotics. If you get an infection the doctor may have fewer choices of antibiotic to treat it.

What happens now?

When you are in hospital

- Staff will clean their hands before and after touching you.
- They will wear an apron.
- In some wards you might be moved to a single room. If this happens you can leave your room if you feel well enough, but please don't visit other patients.
- We will ask you to clean your hands often and especially before leaving your room and when returning to your room.
- You can continue to have visitors and have as much contact with them as you like eg: hug and kiss your children.

When you are at home

- You do not need to do anything special or different.
- You can share things like plates, cups, sheets and towels as normal.
- You can continue to visit and be visited by friends and family.
- You are free to go wherever you want to go.

Will I always have this multi-resistant bacteria?

Depending on the type of bacteria you have, once you are out of hospital we might be able to test to see if it is still there. This will mean speaking to one of our nurses to answer some questions so that we can discuss your options. You do not need to be treated if this bacteria is not making you sick.

ISLHD Infection Management and Control Service can be contacted by phone on **02 4222 5898** or emailed on IMACS@health.nsw.gov.au if you need more information about multi-resistant bacteria.

The Health Care Interpreter Service provides a free and confidential interpreting service 24 hours a day, 7 days a week. For bookings please call **Phone: 4223 8540**.

If you need an interpreter please tell your service provider immediately and they can book one for you in your preferred language.