



For more information, please contact us at Stevenson Memorial Hospital.



## Vancomycin-Resistant Enterococci (VRE)

A Guide for Patients & Visitors



## Discharge Information

- Hygiene: Wash hands frequently, especially after using the bathroom.
- Medication: Follow the full course of any prescribed antibiotics.
- Home Cleaning: Disinfect frequently touched surfaces.
- Avoid Sharing: Do not share personal items like towels.
- Inform Healthcare Providers: Inform all healthcare providers of your VRE history.



## Additional Resources

- Ontario Ministry of Health and Long-Term Care: [health.gov.on.ca](http://health.gov.on.ca)
- Centers for Disease Control and Prevention (CDC): [cdc.gov](http://cdc.gov)



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## What is VRE?

VRE stands for Vancomycin-Resistant Enterococci. Enterococci are bacteria that are normally present in the human intestines and the female genital tract. When these bacteria become resistant to vancomycin, a powerful antibiotic, they can cause infections that are difficult to treat.



## VRE Prevention & Treatment

### Prevention methods for VRE include:

- Practice good hand hygiene by washing hands thoroughly with soap and water or using an alcohol-based hand sanitizer.
- Clean and disinfect frequently touched surfaces regularly.
- Healthcare workers should use gloves and gowns when providing direct care for patients with VRE.
- Avoid sharing personal items that may have come into contact with the bacteria.

### Treatment for VRE:

Treatment options for VRE are limited due to its resistance to many antibiotics. Your healthcare provider may prescribe other antibiotics that can be effective against VRE. It is crucial to follow your healthcare provider's instructions and complete the full course of antibiotics.

### Special Precautions for VRE:

- Single-room accommodation (the door can remain open)
- Long-sleeved gown and gloves will be worn by everyone who cares for you
- A special precautions sign will be hung outside your door
- Regular cleaning and disinfection of the room and equipment used in the room
- Hand hygiene: Everyone who enters and leaves your room must clean their hands well
- You must also clean your hands before you leave your room, upon reentry and especially after you use the washroom

## What to do at Home?

When managing VRE at home, please follow these instructions:

- Follow good hygiene practices.
- Ensure that household members also practice good hand hygiene.
- Clean and disinfect your home regularly, focusing on high-touch areas. ( e.g., countertops, doorhandles, etc.)
- Inform all healthcare providers about your VRE infection history.



## How does it spread?

VRE is spread through direct contact with contaminated surfaces or through the hands of caregivers who have touched contaminated surfaces. It is not spread through the air by coughing or sneezing.

## Symptoms of VRE

Symptoms of VRE include:

- Urinary tract infections: Painful urination, increased frequency, and urgency
- Bloodstream infections: Fever, chills, and fatigue
- Wound infections: Redness, swelling, and drainage from the site
- Infections in other parts of the body, such as the heart or abdomen, may also occur