

Multi-drug resistant Pseudomonas

What is it?

- Pseudomonas is a germ or bacteria that is found naturally in soil, water and plants.
- It is often able to grow and survive in standing water and solutions including disinfectants.
- The increased use of antibiotics has led to the creation of types of pseudomonas which are hard to treat – called multi-drug resistant because many antibiotics used to treat infections do not work.
- Sometimes these bacteria cause infections.
- Pseudomonas can also be found on the body without causing infection. This is called the carrier state.

How is it spread?

- It can be spread by touching people who have it or handling things that they have used.
- It is found in sink drains, faucets, counters and can be spread by splashing water.

How do we stop the spread?

- Cleaning your hands is the best way to stop the spread.

Who can get it?

Pseudomonas is not harmful to healthy people. Some risks include:

- frequent use of antibiotics
- frequent hospital stays
- admission to the ICU or other critical care areas
- poor nutrition
- being elderly
- use of a urinary catheter
- poor hygiene
- open wounds

Is there treatment for it?

- If you have an infection there are some antibiotics that can be used.
- If you have it, but are not sick from it (carrier state), no treatment is needed.
- It may clear up on its own.

What happens if I have it?

Hospital/Long-Term Care

- A sign will be put on your door that says “Contact Precautions”.
- You may have to be moved to another room.
- You may need to stay in your room.
- People entering your room may need to wear gloves and a gown, and remove them when leaving.
- You will have a toilet or commode for your use.
- If you need to leave your room a staff member will help you get ready. You will need to wear clean clothing.
- Clean hands well and often.

Home

- Clean your hands well and often. Family and friends should clean their hands well, especially if they have contact with you such as helping you to the toilet.
- Clean the toilet and sink at least weekly with a disinfectant cleaner.
- Anyone who provides hands on care should wear gloves and a gown.
- Wash laundry with detergent and warm or hot water.
- Wash dishes in your usual way.
- No special cleaning is needed.

**Stop the spread of germs and infection.
Clean your hands.**



It is expected that health care providers clean their hands before they touch you. Don't be shy, please remind them.