

The hand
disinfection takes
30 seconds.

Put the disinfection liquid
into the palm of your hand
(roughly 3 - 5 ml = 2 - 3
sprays) and rub your
hands together until hands
are dry.

**Make sure you generously
treat your fingertips,
the thumb, palms and in
between your fingers.**



The MRE-Netz Rhein-Main e.V. is a registered society of health departments, hospitals and other players in the public health sector of the Rhein Main region.

You can receive further information

- From our hospital staff
- Telephone MRE - Netz Rhein-Main - **069-212-4 88 84**
- Email mre-rhein-main@stadt-frankfurt.de
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Information
for patients, family
members & friends



ESBL

Extended Spectrum
Beta-Lactamase producing
organisms



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About ESBL:

In the human bowel there are a variety of different bacteria. Usually they do not cause harm. The bowel bacteria which are resistant to many antibiotics are called Extended Spectrum Beta-Lactamase (**ESBL**) bacteria.

How serious is ESBL?

Generally speaking, ESBL germs are not considered dangerous for healthy people **outside of the hospital** system. However, **in hospitals** the bacteria can be transferred from patient to patient and the risk of bacteria spread and infection is therefore higher.

In most cases, these bacteria may be in your gut but do not make you unwell. However, if this germ gets from the bowel into the body (blood, urine etc.) it may cause serious infections.

When is treatment for ESBL bacteria required?

When a ESBL infection with illness symptoms is found, your doctor will start a special program with one of the still effective antibiotics to combat the illness. It is not necessary to treat ESBL bacteria if there are no symptoms.

What you need to know if you caught the ESBL germ:

In the hospital:

- Your doctor may arrange quarantine and you may only be allowed to leave your room with the permission of hospital staff.
- Visitors will be required to follow strict hygiene requirements. Details will be provided by hospital staff.
- Hospital staff will be wearing protective clothing (surgical gowns, gloves and eventually masks and surgical caps) to avoid further spread of the infection.
- **Hand disinfection is particularly important: Everyone (patients, visitors and hospital staff) is required to disinfect their hands before leaving the patients room.**

Outside the hospital:

- The risk of spreading ESBL germs outside the hospital is minimal, there is no need to change your normal course of life.
- Make sure you wash your hands regularly and maintain good personal hygiene.
- Inform your doctor and caregiver that ESBL germs have been identified on you.
- Avoid body contact with people with open wounds or tumours.

How is ESBL spread?

High concentrations of ESBL bacteria can be found in faeces and sometimes – in case of infection – in urine or in wounds. Small amounts of ESBL bacteria can also be found in the direct environment of a patient. ESBL bacteria can be transferred via contact through hands, etc. to other people.

What is the aim and how can it be reached?

It is most important to avoid the spreading of ESBL bacteria to other people.

The most effective method to prevent spreading is to practice correct hand hygiene.