

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.

Information
for patients, family
members & friends



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
- Internet www.mre-rhein-main.de

VRE
Vancomycin resistant
Enterococci



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About VRE:

In the human bowel there are a variety of different bacteria. The bowel bacteria enterococcus, which is resistant to the antibiotic vancomycin is called **VRE** (Vancomycin-Resistant Enterococci).

How serious is VRE?

Generally speaking, VRE 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 VRE bacteria required?

When a VRE 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 VRE bacteria if there are no symptoms.

What you need to know if you caught the VRE 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 VRE 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 VRE germs have been identified on you.
- Avoid body contact with people with open wounds or tumours.

How is VRE spread?

High concentrations of VRE bacteria can be found in faeces and sometimes – in case of infection – in urine or in wounds. Small amounts of VRE bacteria can also be found in the direct environment of a patient. VRE 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 VRE bacteria to other people.

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