

Extended Spectrum Beta-Lactamase (ESBL)

What is it?

- ESBL stands for Extended Spectrum Beta-Lactamase.
- ESBLs are enzymes that are produced by some bacteria that may cause infections.
- Infections can occur in wounds, blood or the urinary tract.
- Bacteria that produce ESBL can be found on the skin or in the rectal area 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 not generally spread through the air by coughing or sneezing.

How do we stop the spread?

- Cleaning your hands is the best way to stop the spread.
- Tell all health care providers that you have bacteria that produce ESBL.

Who can get it?

Bacteria that produce ESBL are not harmful to healthy people. Some risks include:

- frequent use of antibiotics
- frequent hospital stays
- poor nutrition
- use of a urinary catheter
- open wounds
- poor hygiene
- being elderly

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 ESBL?

Hospital/Long-Term Care

- A sign may be put on your door that says “Contact Precautions”.
- You may have to change your 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 may 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. 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 care may need to wear gloves and gown.
- Wash laundry with detergent and warm or hot water.
- Wash dishes in your usual way.
- No special cleaning of furniture is needed.



Stop the spread of germs and infection. Just clean your hands.



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