

ESBL

What is it?

- ESBL stands for **E**xtended **S**pectrum **B**eta-**L**actamase.
- ESBL is 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.
- Bacteria that produce ESBL are not harmful to healthy people. Some of the reasons that put a person at risk of getting ESBL include:
 - poor nutrition
 - being elderly
 - poor hygiene
 - frequent use of antibiotics
 - frequent admissions to the hospital
 - having open wounds
 - use of a urinary catheter

How is it spread?

- It is spread by touching people who have it or by handling things that they have used.
- It is not generally spread through the air by coughing or sneezing.

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) it may go away on its own. No treatment is needed

What can be done to prevent the spread of it?

- Cleaning your hands with hand sanitizer or soap and water is the best way to stop the spread of ESBL.
- If you are in the hospital, you may need Contact Precautions and follow-up checks.
- Always remember to tell your doctor, nurses, dentist, paramedics or other care providers that you may have ESBL.

For more information

Centers for Disease Control and Prevention

http://www.cdc.gov/HAI/settings/lab/lab_esbl.html

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

