

# Multi-drug resistant *Acinetobacter* (MRAB)

---

## What is it?

- *Acinetobacter* is a germ that lives in soil, water and on skin. It does not make you sick if you are in good health.
- It can cause infections in wounds, lungs or the blood.
- Some infections are hard to treat – called multi-drug resistant because many antibiotics used to treat infections do not work.
- MRAB can 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 by handling things that they have used.

## How do we stop the spread?

- Cleaning your hands is the best way to stop the spread.
- Although healthy people are not a high risk of picking up your MRAB, sick people might not be able to fight it off. The greatest risk of spreading MRAB is in the hospital. If you have to go to the hospital, you may need to be in an isolation room.

## What happens if I have MRAB?

### Hospital/Long-Term Care

- A sign will 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 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 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 is needed.

## Clean your hands

### Before:

- providing care to yourself or others
- eating or feeding others

### Every time you enter or leave:

- the hospital
- a patient care area
- a patient's room or the NICU

### After you:

- cough, sneeze or blow your nose
- use or help someone to the bathroom
- change your baby's diaper
- use equipment shared by others

**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!