

We would like your stay at Norfolk General Hospital to be as safe as possible for you. We have a special monitoring program in place to look for antibiotic resistant germs.

### What are these germs?

There are many different germs that live on and in our bodies. These germs usually do not harm healthy people and you may not know that you have them. If someone becomes sick with these germs they are harder to treat.

### Who is tested?

- We test anyone who comes from a long term care facility, retirement home, or who has been in a hospital in the last year.
- Sometimes we may test all patients on a unit to make sure the germs are not spreading
- Sometimes we test patients who have been in contact with someone who has these bugs.

### How is the test done?

- These germs like to live in your nose and in your rectum.
- Your nose will be swabbed on both sides gently with a Q-tip.
- The outer part of your rectum will be swabbed gently with a different Q-tip.

### What happens if you find these germs?

- There are special precautions that we will take to make sure these germs do not move from your body to someone else's.
- You will be moved to a new room or unit.
- Staff caring for you may wear a special gown and gloves when coming into your room.

### What can you do to help?

The best way to stop these germs from spreading is for everyone to clean their hands.

- Clean your hands often
- Tell your family and visitors to clean their hands before and after visiting your room
- **Ask your healthcare worker to clean his/her hands before touching you**

### Questions

- If your swabs come back positive after you have been discharged we will send a letter to you, and your family physician. If you do not hear from us assume the swabs were negative.
- Please ask your nurse if you have any other questions

**By doing this special monitoring program we hope to prevent a small problem from becoming a big problem later.**