

Hygienic hand disinfection

The notion that our hands are the most important carriers of germs has been proven. This is why hand disinfection is the most important tool against the transmission of pathogens.

You should disinfect your hands:

- » Before entering and after leaving your room
- » Before eating
- » After using the toilet
- » Before and after contact with your own wounds or mucous membranes
- » Before and after you administer injections independently (e.g. insulin), catheterise or apply dressings

Disinfectant dispensers can be found all around the hospital and in the rooms, which you and your visitors are welcome to use. Apply abundant disinfectant (at least 2 strokes) to dry hands and cover your entire skin. Thoroughly rub in the product until your hands are dry (at least 30 seconds). In doing so, do not forget the fingertips, the spaces between the fingers and the thumbs.



Knappschaft Kliniken GmbH

Department of Hospital Hygiene

* The generic masculine is chosen to improve readability.
Thanks for your understanding. The personal designations used refer to male, female and non-gender identities with the same meaning and respect.

Patient Information

VRE

Vancomycin-resistant enterococci

Vancomycin-resistant enterococci (VRE)

What is it?

Enterococci are normal bacteria found in the human intestine. They perform an important role in the digestive system. Enterococci can cause infections if they enter other parts of the body.

Vancomycin-resistant enterococci (VRE) are a type of enterococci that are insensitive to the antibiotic vancomycin. It is therefore difficult to treat VRE infections.

How is VRE transmitted?

The pathogens are most frequently passed on from person to person as a result of direct contact. The hands are the main route of transmission.

- » From person to person
- » Through contaminated objects

What is the correct conduct with VRE?

Please follow the instructions given by our employees. You should only leave your room when it is absolutely necessary!

Please observe the following hygiene regulations:

- » Always thoroughly disinfect your hands before proceeding with any task.
- » Only use the toilet/commode chair assigned to you. Do not use communal toilets!
- » Close the toilet lid before flushing.
- » Avoid any direct physical contact with other people (shaking hands or hugging).
- » If you are going to leave the room, disinfect your hands and then put on a protective gown. Our employees are always happy to help.
- » Do not hang around in communal areas (cafeteria or common areas of the ward).

How long do I need to be isolated with VRE?

The isolation measures are sustained until the germ can no longer be detected.

Please ask your visitors to:

- » Report to the nursing staff ahead of entering your room! This is vital so that they can be informed about the necessary protective measures.
- » Avoid any unnecessary contact with your surroundings (e.g. hospital bed, bedside table).
- » Always carry out thorough hand disinfection.

What is the difference between colonisation and infection with VRE?

Colonisation with VRE means that a person is colonised with the germs without manifesting any signs of illness.

An infection with VRE triggers an illness. These are often wound and urinary tract infections. Life-threatening infections, such as sepsis (blood poisoning), can also manifest.

Both those suffering from VRE and VRE carriers, i.e. healthy people colonised with VRE, can be infectious. It is therefore important that all people with VRE comply with the hygiene guidelines so that they do not pass on their germs.

Recommended hygiene measures for home

- » Thoroughly wash your hands after using the toilet and before preparing food.
- » Wash your clothes on a full wash programme at a minimum of 60 °C.
- » Use your own towels and flannels.
- » Rinse your dishes in the dishwasher preferably at a minimum of 60°C (no short programme).
- » Clean your toilet and bathroom by using standard cleaning agents, but do this more frequently.