



In this document the term patient is inclusive of patient, resident and client.

What are Extensively Drug Resistant Organisms (XDROs)?

XDROs are a group of germs (bacteria) that are resistant to many different types of antibiotics. If XDROs enter the blood, or organs such as the bladder, kidney, or lung, they may cause a very serious infection that is difficult to treat.

How do you get XDROs?

XDROs can spread on contaminated hands and hard surfaces (such as countertops, toilets, and bedrails). They can live on hard surfaces for days or even weeks.

Can XDRO be treated?

If you get an infection with an XDRO, your doctor will decide on the best treatment with you. The antibiotics that will work against it are limited, but some options are available. In addition, some infections might be treated with other therapies, like draining the infection.

What happens if I have an XDRO?

If you have an infection from an XDRO some extra safety measures will be taken when you are admitted to a health care facility:

- You will be moved to a single room with your own bathroom.
- A sign will be placed on the door with instructions for all visitors and staff to wear personal protective equipment such as a gown and gloves when entering your room.
- If you are in the hospital, we will provide your care in your room. We want you to stay in your room unless it's medically necessary for you to leave (Example: going for a medical test or procedure).
- If you are in long term care, you may leave your room and participate in group activities. You must wash your hands, wear clean clothing, and cover all open wounds before you leave your room.

If I have an XDRO is it safe for people to visit me?

Yes, your family and friends are welcome to visit you. We ask that your visitors follow the instructions on the sign posted on your door and clean their hands before and after visiting you.

If I have an XDRO, what precautions should I take at home?

There are simple things you can do at home to stop XDRO and other infections from spreading:

- Clean your hands regularly. This is the best way to stop germs from spreading.
- Do not share personal items such as towels, clothing, bar soap, or razors.
- Clean your home regularly, especially the kitchen and bathroom, with a household disinfectant.
- Wash clothing using regular laundry soap in the regular wash cycle.
- Cover wounds that are draining with a clean, dry dressing.
- Tell your health care providers that you have an XDRO. This helps prevent the spread to others and helps your doctor choose the right antibiotics, if necessary. Take antibiotics only as prescribed.

