

VRE Prevention

While in the hospital, you're vulnerable to many different infections especially if you have a weakened or compromised immune system. And some of these infections are resistant to many of the commonly used antibiotics.

You may have heard of M-R-S-A or MRSA: a resistant bacteria that can cause serious skin infections. But there's another common resistant infection that begins with bacteria that usually live in the intestinal tract: VRE.

"VRE is another bacteria we're especially concerned about. Is a short name for Vancomycin-Resistant Enterococci, very fancy scientific name. It's just another bacteria, usually carried in our bowels, as a matter of fact, that can sometimes get out of that quiet place and get into an infection."

Symptoms include fever, chills and redness at the site of the infection. And if you experience any of these, let your healthcare provider know immediately.

VRE is passed on from person to person on hands and contaminated surfaces.

Make sure that you, and everyone who comes in contact with you, wash or sanitize their hands before and after they have contact with you. Ask hospital personnel to put on a fresh pair of gloves.

If you have a urinary catheter, ask everyday if it is still needed and request that it be removed as soon as it is safe to do so.

You can protect yourself from VRE and other dangerous infections by staying aware of the risks and insisting that everyone wash their hands before and after they come in contact with you.