BE OPEN ABOUT ARO

Always tell your physician and other health care providers when you have ARO to prevent spreading it to others.

CLEAN HANDS HELP PREVENT THE SPREAD OF ARO

Always remember to clean your hands:

- Before entering and leaving the patient's room and the hospital
- Before and after touching a patient and the patient's environment
- Before eating
- Before touching you face (eyes, nose, mouth)
- After using the washroom
- After contact with bodily fluids
- After touching contaminated surfaces (e.g., doorknobs, elevator buttons, patient care equipment)
- After sneezing and coughing

FOR MORE INFORMATION,
CONTACT INFECTION CONTROL
AT 416.762.7316, EXT. 2238

RUNNYMEDE HEALTHCARE CENTRE
625 Runnymede Rd.
Toronto, ON M6S 3A3
T: 416 762 7316
F: 416 762 3836
www.runnymedehc.ca

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Antibiotic-Resistant Organisms (ARO)

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WHAT ARE ANTIBIOTIC-RESISTANT ORGANISMS (ARO)?

When bacteria develop resistance to certain antibiotics, they become Antibiotic-Resistant Organisms (AROs). The most common AROs are Methicillin-Resistant Staphylococcus Aureus (MRSA), Vancomycin-Resistant Enterococci (VRE), and Carbapenem-Resistant Enterobacteriaceae.

AROs can cause serious infections. Infections caused by AROs may be difficult to treat.

HOW DOES ARO SPREAD?

- Direct contact with a patient who has AROs or contact with the patient's body fluids
- Indirect contact with surfaces contaminated surfaces with AROs (e.g. bed linens, medical equipment, gym equipment)

HOW CAN THE SPREAD OF ARO BE PREVENTED IN A HOSPITAL SETTING?

- All patients at Runnymede Healthcare Centre are screened for MRSA and VRE in order to identify a patient who carries some ARO bacteria
- Accommodating patients with ARO in a single room if possible, with dedicated toileting
- Posting a precautionary sign outside the room of a patient with ARO
- Wearing a protective gown and gloves when having contact with the patient or their environment inside the patient's room



- Dedicating equipment, or cleaning and disinfecting patient care equipment after patient use
- Practicing proper hand hygiene by using soap and water or an alcohol-based hand rub (ABHR) when entering and exiting a patient's room
- Daily cleaning and disinfection of patients' rooms and washrooms
- Putting clean clothes and covering all wounds on patients with ARO before they participate in therapy outside their room

Visitors can also help prevent the spread of ARO by:

- Following the required hand hygiene practices
- Wearing a protective gown and gloves when having contact with the patient or their environment inside the patient's room
- Refraining from sitting on the patient's bed
- Avoiding use of the patient's washroom and instead using the washroom designated for visitors
- Refraining from visiting other patients

WHO IS AT RISK OF CONTRACTING ARO?

Patients are at risk of contracting ARO if:

- They have spent time in a healthcare facility outside of Canada
- They have had long or frequent hospitalization
- They have had frequent or long antibiotic treatment
- They require medical devices, such as urinary catheters
- They have weakened immune systems, chronic illness, or underlying medical conditions
- They have undergone medical and surgical procedures

DOES A PERSON WITH ARO NEED TREATMENT?

If an individual only carries ARO without having an infection, treatment is not required. If an individual has an ARO infection, treatment is required.

PATIENT DISCHARGED WITH ARO

If a patient has ARO at the time of discharge from a hospital, no special cleaning of clothes or linens is required after discharge.

Clothing can be washed as usual with other household laundry. Towels, toiletries and razors should not be shared.