

Coming to the JCC with an Antibiotic Resistant Organism (ARO)

What is an Antibiotic Resistant Organism (ARO)?

- AROs are bacteria that can cause infection. AROs can sometimes be found on parts of the body without causing an infection. This is called the “carrier state”.
- Antibiotics are used to treat infection caused by bacteria, but AROs are not killed by common antibiotics. There are different AROs. These are:
 - MRSA
 - VRE
 - ESBL
 - Other

The greatest risk of spreading an ARO is in hospitals and clinics. Although healthy people are not a high risk of picking up an ARO, sick people might not be able to fight it off.

Instructions for your JCC appointment

- ✓ When you make your appointment, please tell the JCC that you have an ARO. If you come by ambulance (private or EMS), please tell the ambulance dispatch when you call them.
- ✓ **Clean hands are important.** ARO’s are spread to others on the hands of health care providers and from touching patient care equipment not cleaned between each person.
- ✓ When you arrive at the JCC, clean your hands using the hand sanitizer at the entrance and go directly to the area or clinic for your appointment. **Please do not stop at the lab before your appointment.** Once you have checked in you will be taken into a designated area.
- ✓ During your appointment, health care providers in the room may wear gloves and a gown. This reduces the chances of spreading the ARO to other patients and to protect you.
- ✓ Your family member or visitor may sit with you during your appointment. They will be asked to clean their hands and may need to wear a yellow gown.
- ✓ Once your appointment is finished, please do not spend time in the common areas, such as the café or where other patients are present.

Using the washroom

If you use the washroom while at the clinic, please tell the receptionist and/or the health care team.

Follow up in the community

A swab or sample is needed to see if you still have an ARO. If not taken in the hospital or clinic, the swab may be done with your family doctor or home care team. You may want to bring copies of the swab results with you to your clinic appointment, to be kept in your chart. When you come in for your appointments, another test may be needed.

What should I do if I need further health care?

When any further health care is needed, let the health care worker know that you have an ARO. You may still be a carrier for your type of ARO even though you feel well and it is causing you no harm. You need to give this information:

- when you go to the dentist
- when you go to a hospital or clinic
- any time you need to give a medical history

If you have to go to the hospital, you may need to go into Additional Precautions

Contact your JCC Primary Team before your clinic appointment for instructions on what to do, if you have any of these symptoms:

- a new cough or shortness of breath with or without fever
- diarrhea
- vomiting
- rash

**Stop the spread of germs and infection.
Clean your hands.**

