

Understanding and preventing the spread of Multi-Drug Resistant (MDR) germs

Infection Prevention

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Information for Patients and Visitors

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What are MDR germs?

Multi-drug resistant (MDR) germs (bacteria, viruses or fungi) no longer respond to common antibiotics.

Why do people get MDR germs?

We do not always know exactly why someone gets MDR germs. MDR germs are everywhere. They can live in places like water and soil. You may get MDR germs from:

- Taking antibiotics often or for a long time
- Medical devices can let germs enter your body more easily. This can be through drip tubes, drains, catheters, breathing machines
- Broken skin and leaking wounds
- Difficulty controlling wee and poo (incontinence)

MDR germs can live in our bodies or on our skin and not cause an infection.

MDR Infections:

You are more likely to have an infection if you:

- are already unwell
- have a weak immune system
- are in hospital

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Infection can happen if the MDR germs get into the body:

- through broken skin (wound)
- in wee (urine)
- chest/lung
- blood

We will treat an infection with specific antibiotics for the MDR germ.

While you are in hospital:

- Visitors (including children) can visit you.
- All your visitors must clean their hands before seeing you.
- We may move you to a single room. This is to help reduce the spread of infection to other patients.
- Staff will wear gloves and aprons when caring for you or cleaning your room. Before leaving they will remove the gloves and apron and wash their hands with soap and water.
- Visitors only need to wear gloves and apron if they are helping with your personal care. This could be helping you use the toilet or having a wash/shower.
- You can go home when you are medically fit, even if you have an MDR infection.

How to stop the spread of MDR germs:

- Wash your hands with soap and water:
 - after using the toilet
 - before eating or handling/preparing food
 - before leaving a side room
- Hand wipes are given for patients on their meal tray. Please use this before you eat your meal in hospital.
- Use hand sanitiser:
 - after coughing or sneezing into your hands/ tissue
 - arrive and leave the ward
 - before and after any contact with patients

- Do not touch medical devices (if you have any) like drains, catheter tube or intravenous drip, especially where they enter your body or skin.
- Send any personal laundry home to be washed as soon as possible.

At home with MDR germs:

- You do not need to take any action or change your social activities.
- Keep washing your hands.
- Your laundry can be washed normally. If they are soiled with body fluids wash these separately at the warmest temperature on the label.

Preventing the spread of infection at Leicester's hospitals

- The infection prevention team works to reduce infections.
- They use evidence based policies. They review them often.
- They check infection rates across the hospitals.
- They report any risks and trends to our Infection Prevention Assurance Committee, our Board of Directors and the UK Health Security Agency.

Contact details:

Infection Prevention Team: 0116 258 5448

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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