# CDC Campaign to Prevent Antimicrobial Resistance in Healthcare Settings

## 12 Steps to Prevent Antimicrobial Resistance Among Long-term Care Residents

### Prevent Infection

**Step 1. Vaccinate**
– Give influenza and pneumococcal vaccinations to residents
– Promote vaccination among all staff

**Step 2. Prevent conditions that lead to infection**
– Prevent aspiration
– Prevent pressure ulcers
– Maintain hydration

**Step 3. Get the unnecessary devices out**
– Insert catheters and devices only when essential and minimize duration of exposure
– Use proper insertion and catheter-care protocols
– Reassess catheters regularly
– Remove catheters and other devices when no longer essential

### Diagnose and Treat Infection Effectively

**Step 4. Use established criteria for diagnosis of infection**
– Target empiric therapy to likely pathogens
– Target definitive therapy to known pathogens
– Obtain appropriate cultures and interpret results with care
– Consider *C. difficile* in patients with diarrhea and antibiotic exposure

**Step 5. Use local resources**
– Consult the infectious disease experts for complicated infections and potential outbreaks
– Know your local and/or regional data
– Get previous microbiology data for transfer residents

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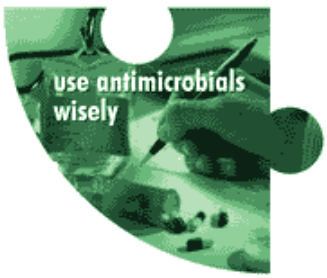
## Use Antimicrobials Wisely




**Step 6. Know when to say "no"**
– Minimize use of broad-spectrum antibiotics
– Avoid chronic or long-term antimicrobial prophylaxis
– Develop a system to monitor antibiotic use and provide feedback to appropriate personnel

**Step 7. Treat infection, not colonization or contamination**
– Perform proper antisepsis with culture collection
– Re-evaluate the need for continued therapy after 48-72 hours
– Do not treat asymptomatic bacteriuria

**Step 8. Stop antimicrobial treatment**
– When cultures are negative and infection in unlikely
– When infection has resolved

## Prevent Transmission

**Step 9. Isolate the pathogen**
– Use Standard Precautions
– Contain infectious body fluids (use approved Droplet and Contact isolation precautions)

**Step 10. Break the chain of contagion**
– Follow CDC recommendations for work restrictions and stay home when sick
– Cover your mouth when you cough or sneeze
– Educate staff, residents, and families
– Promote wellness in staff and residents

**Step 11. Perform hand hygiene**
– Use alcohol-based handrubs or wash your hands
– Encourage staff and visitors

**Step 12. Identify residents with multi-drug resistant organisms (MDROs)**
– Identify both new admissions and existing residents with MDROs
– Follow standard recommendations for MDRO case management

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