

## **Pseudomonas aeruginosa- Factsheet**

### **What are Pseudomonas aeruginosa infections?**

Infections caused by *P. aeruginosa* include but are not limited to:

- Blood infections.
- Heart valve infections.
- Lung infections.
- Infections of the urinary tract (kidneys and bladder).
- Bone infections.
- Body piercing infections.
- Hot tub skin rash.
- Nail infections.
- Swimmer's ear.
- External ear infections.
- Eye Infections associated to trauma or contact lens use.

### **What are the symptoms of Pseudomonas aeruginosa?**

Symptoms will vary depending on the actual disease.

### **How is Pseudomonas aeruginosa spread?**

Most common transmission is via the hands of healthcare workers, caretakers or through contaminated equipment.

### **How long are people contagious?**

Individual factors determine the risk at which any person may be to acquire an infection with this organism. Serious infections are seen among individuals with underlying diseases. Duration of colonization rates are not known. There is no evidence that carriage persists beyond 6 months, except in the case of people with chronic pulmonary disease such as bronchiectasis and cystic fibrosis, who receive antibiotics on frequent bases.

### **Who gets Pseudomonas aeruginosa?**

The disease is most frequently seen among people with some degree of immunosuppression, nursing home residents and ICU patients. Risk factors for *P. aeruginosa* infections include age, heart disease, diabetes mellitus, chronic pulmonary disease, antibiotic use and invasive procedures.

### **What treatment is available for people with Pseudomonas aeruginosa?**

A variety of combinations may be tried in a clinical setting depending on the characteristics of the organism. A clinician with experience and training in Infectious Diseases should be consulted in these instances.

## **Do infected people need to be kept home from school, work or daycare?**

No.

## **How can I protect myself and my family from getting *Pseudomonas aeruginosa*?**

- Maintain healthy habits and lifestyle, decreasing risks for chronic diseases.
- Exercise good hand hygiene and personal hygiene in general.
- Practice good cleaning and maintenance of potential sources for *Pseudomonas* contamination in the house. This includes appropriate chlorine or bromide levels in hot tubs, cleaning humidifiers, respiratory therapy equipment used for inhalation of medications and air conditioning filters.
- Take antibiotics only when prescribed and according to the prescriber recommendation.