

CDC CAMPAIGN TO PREVENT ANTIMICROBIAL RESISTANCE IN HEALTHCARE SETTINGS

12 Steps to Prevent Antimicrobial Resistance Among Hospitalized Adults

Prevent Infection

Step 1. Vaccinate

- Give influenza/pneumococcal vaccine to at-risk patients before discharge
- Get influenza vaccine annually

Step 2. Get the Catheters out

- Use catheters only when essential
- Use the correct catheter
- Use proper insertion and catheter-care protocols
- Remove catheters when they are no longer essential



Diagnose and Treat Infection Effectively

Step 3. Target the pathogen

- Culture the patient
- Target empiric therapy to likely pathogens and local antibiogram
- Target definitive therapy to known pathogens and antimicrobial susceptibility test results

Step 4. Access the experts

- Consult infectious diseases experts for patients with serious infections



Use Antimicrobials Wisely

Step 5. Practice antimicrobial control

- Engage in local antimicrobial control efforts

Step 6. Use local data

- Know your antibiogram
- Know your patient population

Step 7. Treat infection, not contamination

- Use proper antisepsis for blood and other cultures
- Culture the blood, not the skin or catheter hub
- Use proper methods to obtain and process all cultures



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Step 8. Treat infection, not colonization

- Treat pneumonia, not the tracheal aspirate.
- Treat bacteremia, not the catheter tip or hub.
- Treat urinary tract infection, not the indwelling catheter.

Step 9. Know when to say “no” to vanco

- Treat infection, not contaminants or colonization.
- Fever in a patient with an intravenous catheter is not a routine indication for vancomycin.

Step 10. Stop antimicrobial treatment:

- When infection is cured.
- When cultures are negative and infection is unlikely.
- When infection is not diagnosed.

Prevent transmission

Step 11. Isolate the pathogen

- Use standard infection control precautions
- Contain infectious body fluids. (Follow airborne, droplet, and contact precautions.)
- When in doubt, consult infection control experts

Step 12. Break the chain of contagion

- Stay home when you are sick
- Keep your hands clean
- Set an example

