

WHAT CAN I DO TO PREVENT THE SPREAD OF CRE?

- Take antibiotics as directed by a healthcare provider.

HANDWASHING

Wash your hands often with soap and water.

- Make sure you rub them together for at least 20 seconds before rinsing.
- Remember to clean under fingernails and on both sides of your hands.

Wash your hands:

BEFORE:

- Making food
- Eating food

AFTER:

- Changing wound bandages
- Using the bathroom
- Coughing
- Sneezing
- Blowing your nose



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Communicable Diseases Division
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CRE

Carbapenem-Resistant
Enterobacteriaceae

WHAT ARE ENTEROBACTERIACEAE?

Enterobacteriaceae are bacteria (germs) in the human gut.

- These germs are not harmful as long as they stay in your gut.
- There are many types of *Enterobacteriaceae*.
- Some types of *Enterobacteriaceae* help your body break down food.

WHAT ARE CARBAPENEMS?

"Carbapenems" are a class of antibiotics.

- They are often used as the last resort when other antibiotics do not work.

WHAT ARE CARBAPENEM-RESISTANT ENTEROBACTERIACEAE (CRE)?

CRE are a family of germs that are hard to treat because they are often resistant to many commonly used antibiotics.

The three main types of *Enterobacteriaceae* that may be resistant to carbapenems,

1. *Klebsiella* species,
2. *Enterobacter* species,
3. *Escherichia coli* (*E. coli*).

WHO IS AT RISK FOR CRE INFECTION?

CRE usually affects people who:

- Are in acute or long-term care settings like hospitals, clinics or nursing homes.
- Have a weak immune system.
- Have an item like tubes or breathing machines going into their body.

HOW DOES CRE SPREAD?

Most CRE infections happen in healthcare settings like hospitals and nursing homes.

To get sick from CRE a person has to come in contact with (touch) the CRE germ.

CRE spreads when someone touches an infected or colonized persons body or body fluids.

Contact can be:

- **Direct**, by touching wounds or feces (poop); **OR**
- **Indirect**, by way of dirty hands or touching dirty objects (like tubes that remove liquid from the body or breathing machines).