

## FOUR TIPS FOR CARING FOR SOMEONE WITH CRE

- 1 Wear gloves** whenever you are going to touch body fluids or blood.
- 2 Wash your hands.** It is important to wash your hands after you:
  - Touch wounds
  - Help the person use the bathroom
  - Clean up feces (poop)
- 3 Clean surfaces and medical devices** that have touched a CRE patients body or body fluids, with soap and water and then a household disinfectant (cleaner).
- 4 Wash** all used clothes, sheets, and linens using laundry detergent.

Wash your hands often with soap and water to reduce your risk of spreading CRE.



[Michigan.gov/hai](https://www.michigan.gov/hai)

**Centers for Disease  
Control and Prevention**

<https://www.cdc.gov/hai/organisms/cre/cre-patientgeneral.html>

**Michigan Department of Health  
and Human Services**

**Communicable Diseases Division**

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# CRE

**Carbapenem-Resistant  
*Enterobacteriaceae***

Prevention Tips for  
Patients and Families



## WHAT ARE ENTEROBACTERIACEAE?

- These germs are not harmful as long as they stay in your stomach (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.

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

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

## HOW DOES CRE SPREAD?

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 person's body or body fluids.

- **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).

## TWO TIPS FOR PEOPLE WHO HAVE CRE

### 1 Tell your healthcare provider

- You have a history of CRE infection; AND
- If you have been in another healthcare facility.

### 2 Take antibiotics as prescribed by your healthcare provider. Finish all antibiotics, even if you feel better.