

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 to rub hands 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 or eating food.
- Touching eyes, nose or mouth.

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
Enterobacterales

WHAT ARE ENTEROBACTERIALES?

Enterobacterales 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 Enterobacterales.
- Some types of Enterobacterales 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 ENTEROBACTERIALES (CRE)?

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

Many different types of Enterobacterales can develop resistance, including:

- *Klebsiella pneumoniae*,
- *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 skilled 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 long-term care facilities.

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.

Contact can be:

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