

## 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 stool (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

**Centers for Disease  
Control and Prevention**

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

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**Michigan Department of Health  
and Human Services**

**Communicable Diseases Division**

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## CRE

**Carbapenem-Resistant  
Enterobacterales**

Prevention Tips for  
Patients and Families



## WHAT ARE ENTEROBACTERIALES ?

- These germs are not harmful as long as they stay in your stomach (gut).
- There are many types of Enterobacteriales.
- Some types of Enterobacteriales 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 Enterobacteriales can develop resistance, including:

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

## 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.