

## What will happen when you're discharged from hospital?

If your healthcare team has told you that you have CPE, we recommend the following once you are at home:

- Always tell your doctor, paramedics, nurses or other care providers that you have MRSA. This helps prevent spreading it to other patients.
- Anyone helping you with personal care or using the bathroom should wash their hands afterward.
- Make sure you wash your hands before you prepare food or eat.
- If you share a bathroom at home, clean the toilet and sink at least once a week with a disinfectant cleaner.
- There are no special directions for handling trash or laundry.

## CLEAN YOUR HANDS



### Hand Sanitizer

- Squirt alcohol-based hand rub on your palm
- Continue to rub your hands and fingers for 15 seconds until the gel is dry



### Soap and Water

- Use warm running water and soap.
- Wet hands with water.
- Lather and rub hands together for at least 15 seconds, paying attention to fingertips, cuticles, around rings, and under nails.
- Rinse thoroughly.
- Pat dry.
- Turn off taps with towel.
- To prevent dry cracked skin, apply hand lotion several times per day.

Developed in collaboration with  
patient and family partners



This brochure provides basic general information only and is not a complete resource on CPE. If you have questions, please ask your doctor, nurse, or local health unit.

## Carbapenemase-Producing Enterobacterales (CPE)



## Patient Education

## What is Carbapenemase-Producing Enterobacterales (CPE)

*Enterobacteriaceae* are bacteria that naturally live in our digestive system. Carbapenemase-producing enterobacterales (CPE) are bacteria that have become resistant to many types of antibiotics.

### Who is at risk?

- Anyone who has received health care in places where CPE is found. This includes hospitals on the east coast of the U.S., Greece, Israel, and the Indian subcontinent.
- Anyone who has been to the Indian subcontinent, whether they got healthcare there or not.

### Can it be spread?

CPE is contagious. Infection spreads by:

1. Touching someone with CPE and not washing your hands afterward.
2. Picking up the bacteria from a surface and then touching someone else without cleaning your hands.
3. Sharing objects between patients without cleaning them between uses.

## What can be done to stop this infection?

Clean your hands with alcohol-based hand rub or soap and water BEFORE entering and AFTER leaving your room.

You should also clean your hands:

- After using the bathroom
- After sneezing or blowing your nose
- Before eating and drinking
- Before and after touching your bandages or wounds
- When your hands are dirty

## What can you expect in hospital?

- Treatment depends on how sick you are. If your symptoms are mild, you might not need treatment. But if your illness is moderate or severe, you'll need antibiotics. Sometimes, you might need to repeat the treatment more than once or try a different medicine.
- A Contact Precautions sign will be on your door to stop the spread.
- All staff, visitors and family members will wear gowns and gloves to stay safe.
- Everyone must clean their hands with alcohol-based rub before and after visiting you.
- You should only use the bathroom in your room.

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- If there's another room available, you might be moved there, or you might share a room with someone else who has the same bacteria.
- If you go for a test or leave your room, make sure to use the alcohol-based hand rub.
- A Contact Precautions transport sign will be put on your wheelchair or stretcher as a reminder for staff.

## What about family & visitors?

- Visitors must put on a gown and gloves
- Visitors must wash their hands before they come in and when they leave your room
- Visitors shouldn't use your bathroom or eat and drink in your room
- Visitors shouldn't touch anyone or anything in the room unless they washed their hands first

