

# Carbapenemase-Producing Enterobacteriaceae (CPE)

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## What is CPE?

- CPE stands for **C**arbapenemase-**P**roducing **E**nterobacteriaceae.
  - Enterobacteriaceae are a family of bacteria. It is normal for many of these bacteria to live in our bowels (gut).
  - **C**arbapenemase-**P**roducing **E**nterobacteriaceae produce enzymes that can break down many types of antibiotic medications. This makes the bacteria resistant to commonly used antibiotics. If you have an infection with CPE, it will need to be treated with powerful antibiotics.
  - CPE can live in your bowel without causing an infection. If you have it, but are not sick from it, no treatment is needed. This is called the carrier state and you can carry it for a long time.
  - Currently in Canadian hospitals, there are few infections with CPE, but caution is still needed to prevent their increase and spread.
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## How is it spread?

- CPE is not spread through the air, but may survive on equipment such as bedrails, tables, chairs, countertops and door handles.
- CPE can be spread from one person to another on unwashed hands or by having contact with soiled equipment and surfaces as mentioned above.
- Illness can occur when a CPE gets into the body and causes an infection such as a bladder infection or lung infection.

## Who is at risk to get it?

- The major risk factor is receiving health care in hospitals that have CPE. At this time, this includes hospitals along the U.S. eastern seaboard, (particularly New York City), Greece, Israel, and the Indian subcontinent. CPE outbreaks have been seen in hospitals around the world, including Canada. People who travel to and from the Indian subcontinent, with or without exposure to health care, are also at risk.

## What if I have it?

- You will stay in a single room.
  - A sign will be posted on your door to remind others who enter your room to wash hands, wear gloves and a gown. This is called "Contact Precautions".
  - Patients who have had contact with you will be tested for CPE.
  - Everyone who enters and leaves your room must clean their hands, and wear a gown and gloves as shown on the sign.
  - Your hospital record will show that you have a CPE.
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## Can I have visitors?

- Yes. Healthy family and visitors should have a low risk of getting an infection with CPE. All visitors must be instructed by staff on what to do before entering and leaving your room. Children and infants must be closely watched. We ask that your visitors only visit you in your room, and to do the following:
  - ✓ clean their hands before entering and leaving your room
  - ✓ follow the sign on the door and instructions given by staff
  - ✓ not to use your bathroom
  - ✓ not to eat or drink in your room

## Clean hands are important!

- Remind all staff and visitors to clean their hands before and after they touch you. Ask staff to show how best to clean your hands. Scrub with soap and running water for 15 seconds or use hand rub until hands are dry.
- You need to clean your hands:
  - ✓ after using the bathroom
  - ✓ after blowing your nose
  - ✓ before eating and drinking
  - ✓ before and after you touch your dressing or wounds
  - ✓ when you can see dirt on your hands
  - ✓ before you leave your room



## Home

- When you go home, clean your hands often, especially after using the bathroom and before preparing food. Wash for at least 15 seconds each time.
- No special cleaning of items such as dishes are needed.
- You can wash your clothes as you usually do. No need to keep separate from other household members.
- If you go to another health care facility, visit another doctor, or have home care services you should tell them that you have a CPE. They may wear gloves and/or a gown to help prevent the spread of CPE. If needed, it will also help your doctor choose the correct antibiotic treatment.

## For more information

[http://wwwnc.cdc.gov/eid/article/17/10/11-0655\\_article](http://wwwnc.cdc.gov/eid/article/17/10/11-0655_article)