

Steps for Washing Your Hands

Step 1: Turn the tap on.

Step 2: Wet your hands.

Step 3: Put soap on your hands.

Step 4: Lather your hands. Don't forget to scrub the back of your hands, between fingers, palms and fingernails (15-30 seconds of scrubbing).

Step 5: Rinse the soap off of your hands.

Step 6: Pat dry both hands with paper towel

Step 7: Turn the tap off with paper towel and throw the towel in the garbage.



This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask your physician, local health unit or health care professional.

This information was obtained from the following source:

Provincial Infectious Disease Advisory Committee (2013). *Screening, testing and surveillance for antibiotic-resistant organisms (AROs)*.

https://www.publichealthontario.ca/en/eRepository/PIDAC-IPC_Annex_A_Screening_Testing_Surveillance_AROs_2013.pdf

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Carbapenemase-Producing *Enterobacteriaceae* (CPE)



Patient/Visitor Information

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What is CPE?

CPE stands for Carbapenemase-producing Enterobacteriaceae. CPEs are bacteria that produce enzymes that break down some types of antibiotics. These bacteria typically live in your bowel.

How does it spread?

It can be spread by hands that have not been cleaned. Overuse of antibiotics can also lead to the development of CPE.

What does colonization with CPE mean?

A test has shown that the bacteria, CPE, is living in your bowel without causing infection. This is called colonization.

What does an infection with CPE mean?

It means that the CPE bacteria are causing signs of infection like fever, swelling, redness and pus. The infection may make you feel unwell.

What Happens Now?

Additional Precautions

will be used to prevent the spread to others

- You will be in a private room
- Staff caring for you will wear gowns and gloves
- If you go to another part of the hospital, the same precautions will be used
- Precautions will continue until the CPE is no longer present

Testing

Swabs will be taken to show:

- Where CPE is growing
- If CPE is still growing

Can I still have visitors?

Yes, but they will have to take precautions when visiting and helping to care for you. They will be asked to wear a gown and gloves. They must wash their hands with soap and water before leaving the room. Visitors must not eat or drink in your room.

What Happens When I Go Home?

- Hands should be cleaned using soap and water:
 - After using the bathroom
 - After blowing your nose
 - Before eating and drinking
 - Before and after you touch your dressing or wounds
 - When your hands are visibly dirty
- It is important to wash hands often at home for fifteen seconds each time, especially after using the bathroom and before preparing food.
- No special cleaning of items in your home (e.g., dishes) are required.
- Clothing may be laundered in the usual manner, along with the rest of the household laundry. Wash your hands with soap and water after handling dirty linens.
- If you go to another health care facility, visit another doctor or have Home Care services you should tell them that you have CPE. They may use Additional Precautions when providing care.

