**To local health jurisdictions and healthcare facilities using this document, please edit in the indicated paces to reflect to patient’s organism and place your own logo in the header at the top of the page.**

**Carbapenem-resistant Organisms (CRO):**

**Protecting Yourself & Protecting Others**

You have been diagnosed with

€ Carbapenem-resistant Enterobacterales (CRE) [WRITE IN GENUS AND SPECIES]

€ Carbapenem-resistant Pseudomonas aeruginosa (CRPA)

€ Carbapenem-resistant Acinetobacter baumannii (CRAB)

* These germs may live in or on our bodies normally and cause no problems. But when they get into the wrong part of the body, they can cause serious infections.
* When these germs become resistant to strong antibiotics, like carbapenem antibiotics, they are very hard to treat. CRO are resistant to many antibiotics and can spread between patients in health care facilities.
* Even after being treated for a CRO infection, you may still carry the germ in or on your body for many months. This is called “colonization” and means you might still be able to pass it on to other patients.
* Healthy people usually don’t get CRO infections. People most at risk for infections from CRO are those who are weakened due to underlying medical conditions, medical devices that go into the body (like urinary catheters and breathing tubes), or age, and patients who are taking antibiotics for a long time.

**What can I do to prevent spread to other people?**

Now that you have been diagnosed with CRO:

* Be sure to notify health care staff every time you go to a medical visit, hospital, nursing home, or dialysis clinic. Bring this paper if you need help remembering the name of the bacteria.
* Healthcare workers should use special infection prevention measures if you are in a hospital, nursing home, or are having a medical procedure. This means that medical staff may use gowns and gloves when caring for you.
* Clean your hands with soap and warm water or with alcohol-based hand sanitizer before eating or preparing food, after using the toilet, after blowing your nose, coughing, or sneezing and before and after changing wound dressings or bandages. This is good advice for everyone.
* Make sure your caregivers clean their hands before they care for you. They should also clean their hands after contact with wounds, helping you use the bathroom, after cleaning up stool, and before and after handling medical devices (e.g., urinary catheters). Gloves should be used for possible contact with body fluids or blood.

For more information, ask your health care provider or see <http://www.cdc.gov/hai/organisms/cre/cre-patients.html>