

What are the important points to follow when leaving the healthcare setting?

In general, healthy individuals, including children and pregnant women, do not need to worry about the presence of this bacterium.

- ◆ You and your close contacts should practice good hand hygiene frequently throughout the day, especially after using the toilet, before preparing or eating food, and after sneezing or blowing your nose.
- ◆ Take regular baths or showers and use your own towel.
- ◆ Weekly cleaning and disinfection of the toilet, bathtub, and shower are recommended.
- ◆ No special precautions are needed for washing dishes and cutlery. Changing your bedding weekly is recommended.
- ◆ Inform your doctor or nurse that you are a carrier of CPE when you visit :
 - a hospital;
 - a local community service centre (CLSC);
 - a doctor's office;
 - a medical clinic.

Infection Prevention and Control Service
Service de prévention et contrôle des infections
Direction générale adjointe
Santé physique générale et spécialisée,
de l'enseignement et de la recherche

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Centre intégré
de santé
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Carbapenemase-producing Enterobacterales (CPE)



Information for patients, residents and their loved ones



Québec 

The results of a laboratory test show that you are a carrier of a bacterium called Carbapenemase-Producing Enterobacterales (CPE).

What are CPE?

There are several type of bacteria that are normally present in the intestines and feces. They can cause infections (urinary, blood, wound, etc.). Some of these bacteria have developed resistance to multiple antibiotics, particularly those in the carbapenem family, limiting the treatment options for infections.

How is this bacterium transmitted?

CPE can be transmitted from a carrier individual to a non-carrier individual through close contact, contaminated medical equipment, or by poorly cleaned hands.

The presence of CPE is identified by a sample taken during an infection or through rectal screening.

What is the difference between colonization and infection?

Colonization occurs when the bacteria are present without any signs or symptoms of illness. CPE can reside in the digestive tract for several months without causing an infection.

Infection occurs when the bacteria breach an individual's immune defences and cause a disease (redness, warmth, fever, discharge, etc.) that requires treatment with antibiotics.



How long will I be a carrier of this bacterium?

The duration can vary from person to person. The carrier status will be reassessed during each hospitalization by the Infection Prevention and Control Service.

What does this mean for me?

During a hospital stay, measures need to be taken to protect other patients, including :

- ◆ A sign indicating "Contact Precautions" will be posted on the door to your room.
- ◆ Staff and visitors entering your room will take the necessary precautions, including wearing gloves and a protective gown (in a hospital) or based on risk (in other healthcare facilities).
- ◆ Visitors will not be allowed to use your toilet.
- ◆ You must remain in your room (in a hospital).
- ◆ If you need to leave your room, you must follow these recommendations :
 - Mandatory hand hygiene using hand sanitizer (antiseptic product) before leaving and upon returning to your room.
 - Wear clean clothes.
 - Follow instructions from the staff.



Why are precautions necessary in healthcare settings?

To prevent the spread of the bacterium to others, especially those weakened by illness and therefore more at risk.