

WHAT YOU NEED TO KNOW ABOUT CROs/CPOs

What are CROs and CPOs?

CROs are carbapenem-*resistant* organisms and CPOs are carbapenemase-*producing* organisms. Both are bacteria (germs) that are resistant to many types of antibiotics, including carbapenems. Carbapenems are antibiotics used when other common antibiotics don't work. Both germs can spread quickly in healthcare settings.

Who gets CROs/CPOs?

Healthy people usually don't get a CRO/CPO. You are more at risk if you get a lot of medical care, have tubes or devices going into your body, or live in a health care facility. People taking antibiotics for a long time, or many times, are more likely to get a CPO. Not everyone who has a CRO/CPO gets sick from it.

Can CROs/CPOs be treated?

Yes. Antibiotic options that will work against CROs/CPOs are limited. People who are colonized with a CRO/CPO (i.e., they have the germ, but are not sick) do not need antibiotics.

What can I do to prevent the spread of CROs/CPOs?

Hand washing is the most effective way to stop these germs from spreading. If testing is recommended for you, get tested for CPOs.

What Should You Do if You Have a CRO/CPO

When you get healthcare

- **Tell any caregiver that you have a CRO/CPO whenever you get healthcare** (such as at a clinic, emergency room, nursing facility, or hospital).
- Always take antibiotics exactly as your doctor prescribes.
- Leave your room only for essential purposes (like to go for a medical test).
- Every time you leave your room, clean your hands with soap and water or with alcohol-based hand rub. You don't have to wear gloves.
- Ask your caregiver to cover wounds with a clean dressing, or to change your dressing if it is soiled or falling off.

At home

- Wash your hands with warm water and soap after using the toilet, touching any areas of the body with an infection (e.g. infected wounds) and before eating. At other times, clean your hands with hand rubs with more than 60% alcohol.
- Limit sharing personal items like towels, clothing, bar soap, razors.
- Clean your bathroom and kitchen often. Because CROs/CPOs may remain in your gut for a long time without making you sick, practice good cleaning of toilets, bathrooms, and kitchens.
- Use products with bleach (from your local grocery store) to clean.

Resources

Learn more: <https://www.cdc.gov/hai/organisms/cre/cre-patients.html>

Contact the Oregon HAI Program: healthoregon.org/hai