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Ruth Carrico is a Professor and Family Nurse Practitioner with the University of Louisville School Medicine, Division of Infectious Diseases, and director of epidemiological research in the University's Center of Excellence for Research in Infectious Diseases (CERID). Dr. Carrico has received training specific for healthcare epidemiology at the Centers for Disease Control and Prevention (CDC) in conjunction with the Rollins School of Public Health at Emory University in Atlanta and the Society for Healthcare Epidemiology of America (SHEA).

Dr. Carrico is responsible for the clinical and research operations at the University of Louisville Vaccine and International Travel clinic. Her research has been funded by the CDC, HRSA, DHS, and industry.

In 2008, Dr. Carrico was appointed to the National Biosurveillance Subcommittee (NBS) Advisory Committee to the Director, Centers for Disease Control and Prevention, and in 2010 became a SHEA Fellow. In 2011, Dr. Carrico was appointed by Secretary Sebelius, to the Healthcare Infection Control Practices Advisory Committee (HICPAC) for an extended three-year term. In 2012, she was presented with the Carole DeMille Achievement Award by APIC, an honor for an Infection Preventionist. In 2013, Dr. Carrico was appointed to the National Foundation for Infectious Diseases as the Board's Nurse Planner and in 2014 became a Robert Wood Johnson Foundation Executive Nurse Fellow alumna. Dr. Carrico served as the 2016 president of the Certification Board of Infection Control and Epidemiology, Inc. (CBIC), the organization responsible for board certification for infection preventionists worldwide and is now enjoying the role of immediate past president. In 2016, Dr. Carrico co-founded the Infection Prevention Institute a virtual training site focusing on infection prevention education for all partners concerned with preventing infection in any setting. Then, in 2017, the University of Louisville's Journal of Refugee and Global Health was launched, with the first issue released in April of that year. Dr. Carrico serves as the Editor-in-Chief for this new open access journal. In 2018, Dr. Carrico assumed the position of president of the Kentucky Nurses Association and in 2020 was recognized as a Distinguished Fellow in the National Academies of Practice.