

CLOSTRIDIoidES DIFFICILE (C. DIFF)



Clostridioides difficile (C. diff) is a type of bacteria that can infect the intestines leading to diarrhea and inflammation of the colon.

HOW DOES C. DIFF OCCUR?

- C. diff often occurs when the good bacteria in the gut are reduced, usually after taking antibiotics

HOW DOES C. DIFF SPREAD?

- Person to person (contact with infected people)
- Touching contaminated surfaces (C. diff spores can live on surfaces for long periods)

WHO IS AT RISK?

- People on antibiotics or those who have recently completed a course of antibiotics
- Individuals with a weakened immune system
- Elderly adults, especially those in a long-term care facility
- People with a history of gastrointestinal surgeries or long hospital stays

C. DIFF SYMPTOMS

- Frequent, watery diarrhea
- Abdominal pain or cramping
- Fever
- Nausea
- Loss of appetite
- Dehydration

C. DIFF PREVENTION

- Wash your hands with soap and water, especially after using the restroom
- Disinfect surfaces with products that are effective at killing C. diff spores
- Only take antibiotics as prescribed
- Isolate to prevent spreading the infection



TREATMENT FOR C. DIFF

- Stop unnecessary antibiotics
- Treat the infection with a medication like Vancomycin
- Restore healthy gut bacteria with probiotics

C. DIFF CHECKLIST: SYMPTOMS & PREVENTION

C. diff Symptoms	✓
Frequent, watery diarrhea (3 times per day for 2 or more days)	
Abdominal pain or cramping	
Fever	
Nausea	
Loss of Appetite	
Dehydration	

Prevention	✓
Wash hands with soap and water	
Disinfect surfaces properly	
Only take antibiotics as prescribed by a provider	
Isolate to prevent spreading the infection	

Please visit www.hospitalsafetygrade.org for more information about C. diff infections.