

- If clothes or bed linens become soiled with diarrhoea, wash them separately in the washing machine with hot water ,detergent, and bleach if fabric compatible. Machine dry if possible.

Washing hands with Soap and Water

- Turn on water
- Apply soap
- Lather for 20 seconds rubbing all surfaces of hands and wrists
- Rinse under running water with fingers pointing down
- Pat dry with paper towel
- Turn off faucet with paper towel



Additional information can be found at:

http://www.cdc.gov/ncidod/dhqp/id_CdiffFAQ_general.html

http://www.cdc.gov/ncidod/dhqp/id_CdiffFAQ_newstrain.html



CLOSTRIDIUM DIFFICILE

Patient Education

Infection Control Department

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'Getting Better Together'

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What is Clostridium Difficile infection?

Clostridium difficile (C. difficile) is a bacterium or germ that normally lives in the gastrointestinal tract (stomach and intestines). The bacteria can produce toxins that cause diarrhoea. Some people have C. difficile in their body, but are not sick from it.

What are the symptoms of C. difficile?:

- Watery diarrhoea
- Abdominal pain/tenderness
- Fever
- Loss of appetite
- Nausea

What increases my risk for acquiring C. difficile?

- Taking antibiotics
- Having surgery
- Being in a health care facility for an extended period of time
- Having a serious underlying illness
- Advanced age

If I have C. difficile, can it be spread?

- C. difficile is spread by stool. Any surface that becomes contaminated with stool may spread the disease.
- It can be spread from unwashed hands or from unclean items that are shared.
- When someone touches the dirty item and then touches his/her mouth, therefore ingesting it, he or she can get sick.

Is there treatment for C. difficile disease?

Diarrhoea sometimes resolves in two to three days after you have stopped taking antibiotics. It can also be treated with other antibiotics, such as Vancomycin and Flagyl.

What will be different?

In the hospital you may be placed on contact enteric precautions in a private room to prevent the spread of C. difficile. Healthcare workers will wear an isolation gown and gloves when providing care for you until you finish treatment and or no longer have diarrhoea.

What else should be done?

- As always, all family members must wash their hands well with soap and water after using the bathroom and before eating.
- Maintain good personal hygiene by showering and wearing clean laundered clothing.
- Clostridium difficile is different from other germs in that it forms "spores" that can not be removed with an alcohol rub. to remove these spores, hands must be washed with soap and water.
- While having diarrhoea, clean the bathroom with a diluted bleach solution.
- Be sure to clean any object that has been contaminated with stool; faucet handles, flush handles and door knobs.