

Model.

Are you dealing with disruptive

Diarrhea?

What you need to know about
C diff (Clostridium difficile)

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want to ask your doctor

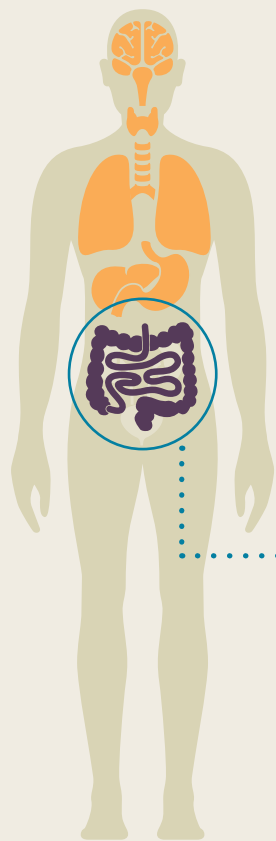
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What is *C diff*?

C diff is a type of germ that can infect part of your digestive system, most often the intestines. These germs release toxins (chemicals) that can damage your intestines and cause diarrhea. You may also have a fever, lose your appetite, feel sick to your stomach, or have belly pain and tenderness.



C diff can.....
damage
this part of your body

How do I get *C diff*?

Antibiotics can sometimes leave you open to getting *C diff*. Some antibiotics destroy the natural, healthy bacteria you have in your intestines. This allows *C diff* to grow and cause diarrhea. If you have a weakened immune system from an illness, like cancer or AIDS, you may be at greater risk for *C diff* diarrhea.

C diff can easily be spread to others. People get *C diff* when they touch surfaces that have *C diff* germs on them and then touch their mouth. Many people get *C diff* during a hospital stay.

Could I have *C diff*?

You may have a *C diff* infection if you have:



Watery diarrhea 3 or more times a day that lasts for several days

..... AND



Just finished or are currently taking an antibiotic

OR



Recently been in the hospital or long-term health care facility (such as a nursing home, skilled nursing facility, or assisted living facility)

What can I expect with *C diff*?

Some cases of *C diff* diarrhea are mild and get better with treatment at home. Patients with more serious cases often need to be treated in the hospital. Rarely, surgery is needed. In the worst cases, it may even be deadly.

Having diarrhea many times a day can be disruptive and difficult to deal with.

Contact your health care professional if you or someone in your care is having trouble with *C diff* diarrhea.



Models.

C diff diarrhea can come back



C diff diarrhea
comes back
in about

1 out of **4**

patients



Once *C diff* diarrhea
comes back, it is
even more likely
to come back
again.

How do you prevent the spread of *C diff*?

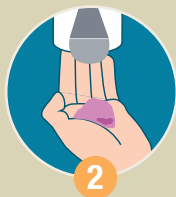
Handwashing and precautions

- Make sure that you, your caregivers, and your family wash your hands often with soap and water.
 - People with *C diff* diarrhea should be especially careful to wash their hands after using the bathroom and before eating.
 - **Hand sanitizers do not kill *C diff* germs.**
- If possible, the person with *C diff* diarrhea should:
 - Use a separate bathroom.
 - Not share eating utensils or prepare food for others.

Fight *C diff* germs by washing your hands!



1 Wet your hands



2 Apply soap



3 Lather and scrub—20 sec



4 Rinse—10 sec



5 Turn off tap



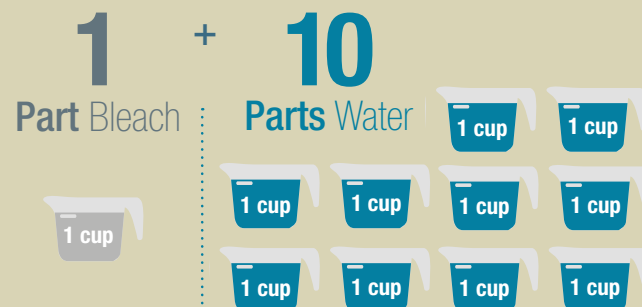
6 Dry your hands with a paper towel

DON'T FORGET TO WASH:

between your fingers | under your nails | the tops of your hands

Cleaning

- Clean surfaces in the bathroom and kitchen with a bleach solution.



Clean surfaces that are touched often, such as:



Light switches



Telephones



Toilet handles and seats



Doorknobs, handles, and remotes



Peggy Lillis Foundation

Fighting C. diff through Education and Advocacy

Our Mission

Peggy Lillis Foundation is building a nationwide *C. diff* awareness movement by educating the public, empowering advocates, and shaping policy.

For more information, please visit
www.peggyfoundation.org.

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