WHAT IS C. DIFF?

Clostridioides difficile (or C. diff) is an infection with a type of bacteria that causes diarrhea and colitis.

C. diff can be deadly; it contributes to more than 29,000 deaths annually.

1 in 5 patients will get C. diff at least once more.

RISK FACTORS FOR C. DIFF INCLUDE:

ANTIBIOTICS:
People on antibiotics are 7-10 times more likely to get C. diff while taking them and for several months after.

HEALTHCARE STAYS:
Extended stays in healthcare settings, especially hospitals and nursing homes.

AGE:
While anyone can get C. diff, being aged 65 and over increases risk.
PROTECT YOURSELF AND YOUR FAMILY FROM C. DIFF

1. Minimize the use of antibiotics (up to 30% of antibiotics are unnecessary)

2. Ensure the facilities where you receive healthcare have excellent infection control by asking questions like:
   - What are your procedures to mitigate healthcare-associated infections like C. diff?
   - Have you had any C. diff outbreaks in the past year?
   - How do you ensure hand hygiene among your staff?
   - How are patient rooms cleaned? Do you use bleach, peroxide mist or ultraviolet light as part of terminal cleaning?

If you or a loved one are suffering from profuse diarrhea and have any risk factors for C. diff, contact your healthcare provider immediately.

Learn more at cdiff.org.
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