

## WHAT IS C. DIFF?

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



C. diff causes close to **500,000 illnesses** each year and can affect people of all ages.

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



**1 in 5**

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

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

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?*

Learn more at [cdiff.org](http://cdiff.org).

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