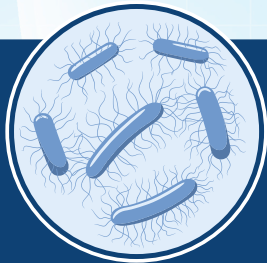




How to Protect Yourself and Loved Ones from C. DIFFICILE INFECTIONS



What is C. difficile?

C. difficile, also known as C. diff, results from a type of bacteria (or germ) called Clostridium difficile, infecting the large intestine. C. diff germs are carried from person to person in poop.



How can you protect yourself and loved ones from C. diff infections?



1. Wash your hands with soap and water for at least 20 seconds every time you use the bathroom and always before eating. Ensure that relatives and friends taking care of you do the same.



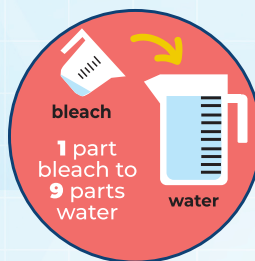
2. Try to use a separate bathroom if you have diarrhea. If you can't, be sure the bathroom is well-cleaned before others use it. Also, take showers and wash with soap to remove any C. diff germs on your body.



3. Regularly clean items frequently touched with hands, including light switches, doorknobs, remotes, refrigerator handles, toilet flushers and toilet seats.



4. If someone in your house has C. diff, wash the items they touch before others use them, including bed linens, towels, household linens and clothing, especially underwear. If these items have visible poop, rinse them well before washing. Then, launder them in a washer and dryer using the hottest water that is safe for those items. Use chlorine bleach if the items can be safely washed with it.



5. You can safely kill C. diff spores at home by mixing one part bleach with nine parts water. This should be done daily or once every 24 hours since bleach is not as effective after being mixed with water for over 24 hours. A 10-minute contact (wet) time is recommended.

Resource: <https://www.cdc.gov/cdiff/prevent.html>