

Remember to



Wash Hands!

About C. diff:

C. diff is another type of infection from germs in hospitals. It causes diarrhea and dehydration that can lead to heart failure.

Who's At Risk:

All patients are at risk of D diff. Risk factors include aged 65+, recent use of antibiotic medicines, prior history of C. diff, long bouts of diarrhea, weak immune system, live in a nursing home or other long-term care facility.



Use this Checklist to

Help Prevent C. diff Infection

- ✓ **If your loved one has been on antibiotics in the past year, lives in a nursing home or long-term care facility, or has ever had C. diff, make sure these facts are part of the medical record.** To be on the safe side, tell your loved one's nurses yourself.
- ✓ Follow the checklist for preventing Superbug infections.
- ✓ **Alcohol wipes won't kill C diff germs.** So use bleach wipes to help **keep your loved one's surroundings extremely clean.** Wipe down these surfaces when your loved one first arrives and after every touch/contact by anyone: *(Pay special attention to the toilet levers, faucets and grab bars in the bathrooms.)*

TV remote

Telephone

Call buttons

Door knobs

Bedside tables

Bedside chair

Bed rails

Faucets

Toilet handle

IV pole

Wheelchairs *(backs and arms)*

Cell phone, iPod, Laptop, Pens, Eyeglasses and Case

Note: *It's OK to ask for bleach wipes. If you buy them yourself, choose a trusted brand from a well-known store.*

- ✓ **Make sure you and your loved one wash hands with warm soap and water before eating and after using the bathroom.** A soft, soapy nail brush helps clean under nails where C. diff spores can hide.
- ✓ Bring clean clothes to the hospital for your loved one to wear home. Store until needed in a suitcase or plastic bag to keep germ-free.
 - As soon as you get home, wash all clothing you and your loved one wore in the hospital in warm, soapy water with bleach. Use a clothes dryer to help kill germs. *(Share this tip with visitors too!)*



Families for Patient Safety
CampaignZERO.org



Get a Nurse if:

Your loved one shows signs of (or tells you about):

- **Diarrhea** (*may be bloody*)
- **Stomach pains, cramps**
- **Loss of appetite**
- **Nausea**
- **Chills**
- **Fast/racing heartbeat**

Notes:

Remember,
**It's OK to
Speak Up**