

# Lower your risk of spreading C. difficile at home

Clostridium difficile (C. difficile or C. diff) are bacteria (germs) that can cause symptoms such as belly pain and diarrhea. The bacteria are found in stool (poop), so it is very important to wash your hands and clean your home to stop the spread of C. diff. When you are home, you can follow your normal routine. You can go back to work when you feel ready or after your diarrhea has stopped. Family and friends, including children, can visit you. The people who have the highest chance of getting C. diff are those who have recently taken antibiotics. Here are a few things you can do to lower the chances of spreading C. diff in your home.



## Finish your antibiotic

- Finish it even if you feel better.
- Take as directed by your health care provider.
- It's important to tell your health care provider that you have had C. diff.



## Wash your hands with soap and water

- Wash often, especially if your hands have touched stool (poop).
- Soap and water is the best way to remove C. diff.
- People who live with you and visitors should wash their hands:
  - Before and after preparing food
  - After using the bathroom
  - After cleaning the bathroom
  - After touching dirty laundry



## Clean & disinfect your home

- Wash clothes and fabrics separately if they are soiled/dirty with stool (poop).
  - Use the hot water cycle with regular laundry soap; use bleach when possible.
  - Dry items on high heat, if possible.
- Use a household disinfectant with or without bleach (always follow the directions on the label) or a bleach solution (one part bleach to ten parts water).
- C. diff can live on surfaces for a long time. To remove C. diff, clean commonly used areas/items in your home on a daily basis like the toilet, sinks, showers, tub, sink handles, remotes, computer keyboards/touch screens, and phones.



## When should I call my health care provider?

- There is a chance that C. diff can come back. Call your health care provider if you start to have symptoms of C. diff like diarrhea, fever or belly pain.



Minnesota Hospital Association





# Be A Germ-Buster

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## WASH YOUR HANDS

