

Cleaning the House

Use an all purpose household cleaner. Follow the directions on the label, and:

- Remove visible feces, wet the surface well and clean using good friction, pay special attention to the toilet and sink,
- Allow the surface to air dry.

Cleaning Clothes / other fabrics

Wash clothes/fabric separately if they are heavily soiled with feces:

- Rinse off feces
- Clean in a hot water cycle with soap, if possible
- Dry items in the dryer on high heat, if possible
- Dry clean where appropriate

Cleaning Dishes

Regular cleaning – use the dishwasher or clean by hand with soap and water.

It is very important that you take all your medication as prescribed by your doctor. You should not use any drugs from the drugstore that will stop your diarrhea (e.g. Imodium). If diarrhea persists or comes back, contact your doctor.

Good hand washing is the most important way for everyone to prevent the spread of C. difficile.

Handwashing

 1. Wet hands	 2. Soap	 3. Lather for 15 seconds
 4. Rinse	 5. Dry hands well with paper towel or air dryer	 6. Turn taps off with paper towel if available

Always Wash Your Hands

- before and after touching food
- after using the washroom
- after sneezing, coughing or blowing your nose
- after touching pets or handling garbage
- after outdoor activities

 TORONTO Public Health

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Infection Prevention & Control 2011

*Clostridium
Difficile
(C. difficile)*

Patient and Visitor Information

at St. Joseph's Health Centre, Toronto

ST. JOSEPH'S
HEALTH CENTRE TORONTO

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Patient and Visitor Information: Clostridium Difficile (C. difficile)

What is Clostridium difficile (C. difficile)?

Clostridium difficile is one of many types of bacteria that can be found in feces (bowel movement). C. difficile occurs when antibiotics kill your good bowel bacteria and allow the C. difficile to grow. C. difficile produces toxins that can damage the bowel and may cause diarrhea. It can be mild or severe, possibly requiring surgery, and in extreme cases C. difficile may cause death.

C. difficile is the most common cause of infectious diarrhea in hospital. The main symptoms of C. difficile disease are:

- Watery diarrhea
- Fever
- Abdominal pain or tenderness.

Who Gets C. difficile?

C. difficile disease usually occurs during or after the use of antibiotics. Old age, presence of other serious illnesses and poor overall health may increase the risk of severe disease.

How is C. difficile Treated?

Treatment depends on how sick you are. People with mild symptoms may not need treatment. For more severe disease, antibiotics are required.

How is C. difficile Spread?

The bacteria in the stool can contaminate surfaces such as toilets, handles, bedpans or commode chairs. When we touch these items with our hands they become contaminated and if we then touch our mouth without washing our hands, we can become infected. Our soiled hands can also spread the bacteria to other surfaces.

How to Prevent the Spread of C. difficile.

Cleaning hands is the most important way for everyone to prevent the spread of C. difficile. Everyone MUST clean their hands when leaving your room. If you have C. difficile disease, you will be put in a single room with your own washroom to prevent spread of the disease. Your activities outside the

room may be restricted. All health care staff providing direct care to you must wear a gown and gloves. Family or visitors providing care to you must also wear gown and gloves to prevent spread of the disease.

What Should I Do at Home?

Healthy people like your family and friends who are not taking antibiotics are at very low risk of getting C. difficile disease.

Hand Hygiene

Wash your hands for at least 15 seconds:

- After using the toilet
- After touching dirty surfaces
- Before eating
- Before preparing meals