

# Preventing the spread of *C. diff* at home

Take these precautions to prevent getting it or spreading it!



- *C. diff* is a germ carried in poop and can cause severe diarrhea.
- Most cases of *C. diff* infection occur while you're taking antibiotics or not long after you've finished taking antibiotics.
- Make sure you understand why the antibiotics you have been prescribed are necessary.



- Try to use a separate bathroom if you have diarrhea.
- If you have to share a bathroom, be sure the area has been cleaned well with bleach products before others use it.
- When cleaning, pay special attention to areas like toilet flushers, lids and seats, sink handles, and doorknobs.



- Washing hands with soap and water for at least 15 seconds is the best way to prevent the spread from person to person.
- Wash hands with soap and water every time you use the bathroom and always before you eat. Remind relatives and friends taking care of you to do the same.



- Take showers, if able, and wash with soap to remove any *C. diff* germs you could be carrying on your body.
- It's better to shower than to sit in a tub or take a sponge bath because showering washes *C. diff* down the drain as you clean.
- Wash your skin in a circular motion and use a fresh washcloth.



- Use bleach products to clean. If you're mixing your own bleach cleaner, follow the instructions on the bottle for use.
- Focus on items that are touched by hands like doorknobs, electronics, refrigerator handles, and any shared items.
- Wash all linens on the hottest setting safe for those items.