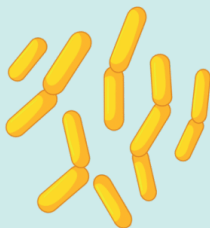


ABOUT C. DIFF INFECTIONS:

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



RISK FACTORS:

All patients are at risk of *C. diff*, especially those:

- Age 65+.
- Recently using antibiotic medicines.
- With a prior history of *C. diff*.
- With a history of long bouts of diarrhea.
- A weak immune system.
- Living in a nursing home or other long-term care facility.



HOW TO HELP

PREVENT C. DIFF INFECTIONS:

- If your loved one has been on antibiotics in the past year**, or lives in a nursing home or long-term care facility, make sure these facts are part of the medical record. *To be on the safe side, tell your loved one's nurses yourself.*
- Follow our "How-To Checklist"** to help prevent Superbug infections.
- Make sure you and your loved one wash your hands** with warm water and soap before eating and after using the bathroom. A soft soapy nail brush helps clean under nails where *C. diff* can hide.
- Bring clean clothes** to the hospital for your loved one to wear home. Store in a suitcase or plastic bag to keep them germ-free.
- As soon as you get home, wash all clothing** you and your loved one wore in the hospital with warm water, detergent, and bleach. Use a clothes dryer to help kill germs. Share this tip with visitors, too!
- Don't forget to clean** personal items, such as:



- Phone.
- Eyeglasses
- Pens.
- Ipad
- Laptop.



GET A NURSE IF:

Your loved one shows signs of (or complains about) the following:

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