



## THE CARE PARTNER PROJECT™

How to Get the Care You Want  
for the People You Love

### 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.*

### RISK FACTORS

*All patients are at risk of D diff, especially those age 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*



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# C H E C K L I S T

## HELP PREVENT C. DIFF INFECTION

- 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 the checklist for preventing Superbug infections.
- Alcohol wipes won't kill C diff germs. In addition to alcohol wipes, help keep your loved one's surroundings extremely clean with bleach wipes. Wipe down these surfaces when your loved one first arrives and after every touch/contact by anyone: (Pay special attention to toilet levers and faucets.)
  - cell phone
  - doorknobs
  - call buttons
  - room phone
  - faucets
  - bed rails
  - inhalers
  - grab rails
  - IV pole
  - TV remote
  - toilet handle
  - sink handles
  - spirometer
  - room chairs
  - tray table
  - bedside table  
*(top, sides, drawer and underneath)*
  - wheelchairs

Don't forget personal items, such as:

- cell phone,
- iPod
- laptop
- pens
- glasses & case

NOTE: *It's OK to ask for bleach wipes. If the hospital doesn't have a supply, buy them yourself. Be sure to choose a trusted brand of bleach wipes 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 with warm soapy detergent and bleach. Use a clothes dryer, which helps kill germs.
  - Share this tip with visitors, too!

### GET A NURSE IF . . .

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

- diarrhea (may be bloody)
- stomach pains, cramps
- loss of appetite
- nausea
- chills
- fast/racing heartbeat