

## What's C-diff?

Clostridium difficile, or C-diff, can cause acute diarrhea and is linked to 20,000 American deaths each year.

Those most at risk are people, especially older adults, who take antibiotics and also get medical care.

Symptoms include:

- Watery diarrhea (at least three bowel movements per day for two or more days)
- Fever
- Loss of appetite
- Nausea
- Abdominal pain/tenderness
- Cramping

## What do I do if I have it?

Whenever possible, antibiotics should be discontinued; in a small number of patients, diarrhea may go away when antibiotics are stopped. Approximately 50% of all antibiotics given out are not even needed. This practice unnecessarily raises the risk of C-diff infections. When a person takes antibiotics, good germs that protect against infection may be destroyed for several months. If you exhibit the symptoms of C-diff, consider seeing a doctor soon.

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# THE CURE TO C-DIFF IS YOU



# HOW TO COMBAT C-DIFF



## Wash with Soap

1 out of 5 North Texans is a possible carrier of the C-diff germ. C-diff infections are spread through fecal contamination. The best way for individuals to protect themselves, their families and communities from C-diff is to wash their hands with soap after using the bathroom. Hand gel is not enough.



## Prescribe Antibiotics with Care

If you are a doctor, consider the need for antibiotics and make the best decision for your patient. It is estimated that approximately 50% of all antibiotics prescribed are not even needed. This practice unnecessarily raises the risk of C-diff infections.



## Wipe Down Surfaces with Bleach

If you are a family member or caretaker of someone with C-diff, you need to regularly wash your hands with soap and wipe down all surfaces of the bathroom and patient living areas with bleach. When possible, dedicate a separate bathroom during diarrhea.



## See a Doctor if Experiencing Acute Diarrhea

If you or a family member exhibit C-diff symptoms such as watery diarrhea or acute stomach pain, consider seeing a doctor soon.

# THE NUMBERS\*

**20,000**

Americans die each year from complications related to C-diff

**1 in 5**

North Texans may carry the C-diff germ

**50%**

of antibiotics given out are unnecessary

**94%**

C-diff infections related to getting medical care

**400%**

increase in C-diff related deaths since 2000

**65**

Half of the infections occur in people under 65, but most deaths occur with those 65 and older

\*Statistics from CDC, 2012 and SHEA