

Steps for Washing Your Hands

Step 1: Turn the tap on.

Step 2: Wet your hands.

Step 3: Put soap on your hands.

Step 4: Lather your hands. Don't forget to scrub the back of your hands, between fingers, palms and fingernails (15-30 seconds of scrubbing).

Step 5: Rinse the soap off of your hands.

Step 6: Pat dry both hands with paper towel

Step 7: Turn the tap off with paper towel and throw the towel in the garbage.



This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask your physician, local health unit or health care professional.

This information was obtained from the following source:

Provincial Infectious Disease Advisory Committee (2013). *Testing, surveillance and management of Clostridium difficile in all health care settings.*

https://www.publichealthontario.ca/en/eRepository/PIDAC-IPC_Annex_C_Testing_SurveillanceManagement_C_difficile_2013.pdf

Royal Victoria Regional Health Centre Infection Prevention and Control Department

201 Georgian Drive
Barrie, ON, L4M 6M2
Phone: (705) 728-9090 ext. 44555
Fax: (705) 792-3312

Clostridium difficile (C. diff)



Patient/Visitor Information

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Clostridium difficile (C. diff)

What is Clostridium difficile? (C. diff)

C. diff is the leading cause of infectious diarrhea among patients in hospital. Patients can carry C. diff bacteria in their bowel and if they are healthy it is usually harmless. But for patients on antibiotics, this otherwise harmless “bug” can become harmful. Antibiotics may kill off healthy bacteria in the bowel, allowing the bug to produce a toxin that causes diarrhea. C. diff is now the leading cause of infectious diarrhea among patients in hospitals throughout North America.

Who is at risk?

Anyone receiving antibiotics is at higher risk of acquiring an infection from C. diff. This risk factor increases in the elderly, and those undergoing abdominal surgery or chemotherapy.

What are the symptoms?

Symptoms of C. diff include frequent non-bloody watery diarrhea, fever, loss of appetite, nausea and abdominal pain and tenderness.

What Happens Now?

Additional Precautions

will be used to prevent the spread to others

- You will be in a private room
- Staff caring for you will wear gowns and gloves
- If you go to another part of the hospital, the same precautions will be used
- Precautions will continue until the C diff is no longer present
- If precautions discontinued, family may be asked to take laundry home for washing.

Can I still have visitors?

Yes, but they will have to take precautions when visiting and helping to care for you. They will be asked to wear a gown and gloves. They must wash their hands with soap and water before leaving the room. Visitors must not eat or drink in your room.

How is it spread?

C. diff is spread through contact, either directly with a person who is infected or by touching a contaminated surface, like a toilet seat or door knob, and then touching your mouth.

Good hand washing practices with soap and water are essential. Wash your hands before eating and after use of the bathroom.

What Happens When I Go Home?

Wash your hands for at least 15 seconds after using the toilet, before eating or before preparing food. Caregivers should wash their hands after providing care. Gloves should be used to handle body fluids or dirty items. Discard disposable gloves in the regular garbage or clean rubber gloves after use.

No special precautions are required to clean your home. This bacteria can be destroyed by most household cleaning products or diluted household bleach. Wet a clean cloth thoroughly with a properly diluted cleaning product. Wipe surfaces starting from the cleanest area and moving towards the dirtiest area, paying special attention to areas such as the toilet and bathroom sink. Let the surfaces air dry. This will allow enough contact time with the cleaning product to kill the bacteria.

