

C. Diff Prevention

When receiving medical care, you can be at risk for infection. One is more common than others. When you take antibiotics, the bad germs causing you to be sick are killed. But at the same time, good germs that protect you against infection are destroyed. This enables other germs such as C. Difficile to multiply and cause you to become sick.

“When you take antibiotics and disrupt that balance which may allow C. Difficile, an angry player to emerge as a primary organism in your colon and then that’s what can cause disease.”

You can also come into contact with C. Difficile from a contaminated surface or even from the hands of your healthcare provider if not properly cleansed.

“If we’re going to be dealing with stool then, we want to make sure that we wear gloves, so we don’t come in contact with the microorganism that is in feces.”

Handwashing with soap and water is key to preventing C. Diff. Not only for healthcare workers but for you and your loved ones.

“Family members, patients, healthcare workers whenever they have a patient that has C. Difficile handwashing should be what they do.”

C. Difficile can be very serious.

“We’re talking about severe diarrhea that can very debilitating, cause hospitalization, and some cases surgery. And unfortunately, in some cases death.”

Because C. Difficile can survive for months on surfaces, like the table in your hospital room, it’s important that your room is cleaned and disinfected regularly by the specially trained staff at the hospital.

“This is important that environmental services continue to clean and disinfect the room. They should be there at least daily, sometimes more than once.”