

Just Clean Your Hands

Before:

- ◆ Using the toilet.
- ◆ Leaving your room.
- ◆ Visiting in hospital.
- ◆ Eating or touching food.



After:

- ◆ Using the toilet.
- ◆ Contact with any body fluids like blood, urine or vomit.
- ◆ Blowing your nose, sneezing, coughing, or using a tissue.
- ◆ Handling garbage.
- ◆ Touching any hospital equipment.
- ◆ Visiting a patient.
- ◆ Attending therapy or clinic.
- ◆ Touching an animal or pet.
- ◆ Removing gloves and gowns.

Use Hand Sanitizer:

- ◆ When your hands are not visibly soiled.
- ◆ Apply one to two pumps of product to the palm of one hand.
- ◆ Rub your hands together; ensuring all surfaces are covered until your hands are dry (this should take at least 15 seconds).

Hand Washing:

- ◆ Wet your hands with warm running water and then soap.
- ◆ Lather and rub all surfaces of your hands and wrists for at least 15 seconds.
- ◆ Rinse thoroughly.
- ◆ Pat your hands dry with paper towel and then use the paper towel to turn off taps, and open the washroom door.
- ◆ Apply lotion to hands if they become dry.

The most important practice to prevent the spread of germs is good hand hygiene!

Thank you
for your help and cooperation

This brochure provides basic general information only and is to be used as a guide, not as a complete resource on the subject.

If you have any further questions, please ask your physician, nurse or local Public Health.

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Patient & Family
Information

Clostridium difficile
Associated Diarrhea

Providence
Care

What is Clostridium difficile Associated Diarrhea (CDAD or *C. difficile*)?

C. difficile are bacteria that lives in the intestinal tract of some healthy people. Taking antibiotics can kill other bacteria living in a healthy intestine. This may allow *C. difficile* bacteria to reproduce in large numbers.

These bacteria begin secreting a toxin (poison) that attacks the lining of the intestine. Symptoms include: watery diarrhea, fever, abdominal pain or tenderness. That is why *C. difficile* infection is often called antibiotic-associated disease or CDAD.

Who is at risk for developing CDAD?

- ◆ Anyone taking antibiotics and taking more than one antibiotic increases the risk.
- ◆ Hospitalized patients, especially older or immunocompromised patients.
- ◆ Individuals with inflammatory bowel diseases.
- ◆ Individuals who have had stomach or bowel surgery.
- ◆ Rarely, someone who is not on antibiotics.
- ◆ If antibiotics are given for an infection, sometimes the *C. difficile* has the opportunity to “take over”, causing diarrhea or illness.

How is *C. difficile* infection spread?

When a person has *C. difficile* disease, the bacteria in the stool can contaminate frequently touched surfaces such as toilets, handles, doorknobs, bedpans, or commode chairs.

Spread of bacteria can occur by:

- ◆ Picking up the bacteria from the environment on our hands and touching someone or something else.
- ◆ Bacteria entering the mouth from unwashed or dirty hands while eating, drinking or smoking.
- ◆ Sharing objects between patients without proper cleaning.

Contact Precautions and Hand Hygiene are used to prevent spread in the hospital when *C. difficile* infection is identified.

What will be different about my care?

- ◆ You may be moved to a private room or to a room with someone else with *C. difficile* if no private room is available.
- ◆ A Contact Precautions sign will be placed on your door to remind others who enter your room about the additional precautions.
- ◆ People who care for you or visit you in hospital will be required to wear gowns and gloves to prevent spread to other patients, and themselves.
- ◆ People leaving your room must always remove their gown and gloves, and then clean their hands.
- ◆ Before leaving your room *Just Clean Your Hands*, and wear a clean change of clothing.
- ◆ Children should not visit in your patient room while you are on isolation, unless they are old enough to understand and

follow the precautions.

- ◆ Family and visitors should not use patient washrooms.

What type of follow-up care do I need?

If you have been given medication to stop the diarrhea take all of it. Once the symptoms of diarrhea have stopped there is no need for follow-up. However, if the diarrhea recurs you should contact your physician right away.

Always tell your physician that you have, or have had *C. difficile* in the past. They need this information to help determine treatment options if you require antibiotics.

Avoiding development of resistant bacteria

- ◆ Finish all antibiotics prescribed by your physician.
- ◆ Never give someone else antibiotics that were prescribed for you.

What do I need to do at home?

Some measures should be taken to protect your family:

- ◆ **GOOD HAND HYGIENE!**
- ◆ *Just Clean Your Hands* before you touch or eat food. Everyone in the household should follow this practice.
- ◆ Anyone providing close personal care, involving contact with wounds, urine or feces, must clean their hands afterwards.
- ◆ Clean your hands carefully before and after using the toilet.
- ◆ Stool-soiled laundry requires an extra wash in hot water; wash all other laundry as you would normally.