



Lenawee County
HEALTH
DEPARTMENT

WHAT YOU NEED TO KNOW

CLOSTRIDIUM DIFFICILE (C. diff) FACT SHEET

What is Clostridium Difficile?

C. diff is a spore-forming bacteria is found in feces and causes diarrhea and more serious conditions such as colitis (inflammation of the colon), blood infections and even death.

What are the symptoms?

- Watery diarrhea (at least 3 loose stools per day for more than 2 days)
- Fever
- Loss of appetite
- Nausea
- Abdominal pain or tenderness

If you experience these symptoms, see your health care provider

How can it be prevented?

- Limit use of antibiotics
- Wash hands before eating and after using the bathroom
- Try to use a separate bathroom if you have diarrhea, or be sure the bathroom is cleaned well if someone with diarrhea has used it

How can it be spread?

- C. diff can live outside the human body for a long time and may be found in items in the environment such as bed linens, bathroom fixtures and medical equipment
- Can become infected by touching items or surfaces contaminated with feces and then touching face, mouth, eyes or nose

How it is treated?

- Generally treated with a 10-day course of a different antibiotic
- Take antibiotics only as prescribed by your doctor and complete the prescribed course of treatment. Antibiotics can be lifesaving medicines