

## Prevention and Control Measures: *Clostridium difficile* (*C. diff*)

### Transmission:

- *C. diff*, a bacterium that produces a toxin and causes inflammation of the colon, is transmitted from person to person and surface to person.
- Person to person spread occurs when *C. diff* spores are transferred from dirty hands into the digestive system of another person; surface to person happens when unwashed hands leave behind spores that get into another person's digestive tract.

### Symptoms:

- Symptoms include watery diarrhea (at least 3 per day for 2 days or more), fever, loss of appetite, nausea, abdominal pain and tenderness.



### Prevention and Control Measures:

- Practice proper [hand washing hygiene](#).
- Wash hands often, especially after changing diapers, going to the bathroom and before preparing food. Ask your family to wash their hands often as well.
- Clean all potentially contaminated or high touch surfaces with a 1:10 bleach-to-water solution.
- Take medicines prescribed exactly as your provider tells you.
- Call your doctor immediately if you develop symptoms.
- Try to use a separate bathroom if you have diarrhea. If you can't, be sure that bathroom is well cleaned before others use it.
- Take showers and wash with soap to remove any *C. diff* spores you could be carrying on your body.

**For More Information:** Visit [cdc.gov](https://www.cdc.gov) and type [C. diff](#) in the SEARCH box.



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