

# 3 Things You Can Do to Prevent Infection



*Clostridium difficile* infection (CDI), also called “C-diff,” causes 14,000 deaths in our country each year. Seniors and people on antibiotics are especially at risk.



1

## Don't take antibiotics unless you need them.

Not all sicknesses should be treated with antibiotics, which kill both good and bad germs. Sometimes, this allows bad germs to take over, which is what happens with CDI.



2

## Wash your hands, and ask your family and health providers to do the same.

Lather up with soap and water and wash vigorously for at least 20 seconds, especially before eating and after using the bathroom.



3

## Talk to your doctor about your risk for CDI, and if you get sick.

If you or someone you live with has been sick and on antibiotics and then develops diarrhea, call your doctor or healthcare provider right away.

Source: CDC. *Clostridium difficile* infection. Available at: [www.cdc.gov/hai/organisms/cdiff/Cdiff-patient.html](http://www.cdc.gov/hai/organisms/cdiff/Cdiff-patient.html).

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