



5 Things You Can Do to Prevent CDI

Clostridium difficile infection (CDI), sometimes called “C-diff,” causes 14,000 deaths in our country each year. Take action to protect yourself and stop the spread of CDI.

1 Don't take antibiotics unless you need them.

Not all sicknesses should be treated with antibiotics—for example, colds and the flu. In fact, taking antibiotics when not absolutely necessary can be harmful. Antibiotics not only kill bad germs, but they also kill good germs too. Good germs can protect you from some infections. When the good germs are killed off, bad germs can take over. This is what happens with *Clostridium difficile*. It is a bad germ that takes over in the bowel, causing an infection that can be deadly.

2 Wash your hands with soap and water.

Be sure to wash your hands vigorously for at least 20 seconds with soap and water, especially before eating and after using the bathroom.

If you are a patient in the hospital, make sure the doctors, nurses and other hospital staff are cleaning their hands before and after caring for you. Doctors, nurses, and staff can always use a reminder—don't be shy about asking your healthcare team if they've cleaned their hands! Remind your family and visitors to wash their hands a lot too.

3 Stay healthy.

Eating right, exercising and seeing your doctor can go a long way to help keep you from getting sick.

4 Talk to your doctor.

If you or someone you live with has been sick and on antibiotics and then gets diarrhea, call your doctor right away. Common signs of CDI include:

- Watery diarrhea
- Fever
- Not wanting to eat
- Upset stomach
- Belly pain

5 Educate yourself.

Try what they say: knowledge is power! Stay involved in your health, and learn all you can about staying healthy. Read more at www.ohiokepro.com.

CDI can be prevented!

By educating yourself and taking the necessary precautions, you can save lives too!

Read more at www.ohiokepro.com.

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