

THE PROGRESSION OF A *C. DIFF* INFECTION



Clostridioides difficile (formerly known as *Clostridium difficile*) is a bacterium that causes diarrhea and colitis (an inflammation of the colon). *C. diff* infections can be deadly.

Most cases of *C. diff* occur when you've been taking antibiotics. Other risk factors include:

- Being 65 or older
- Recent hospitalizations
- A weakened immune system
- Previous infection or known exposure to *C. diff*



C. diff develops within a few days or up to several weeks after you take antibiotics.

- Diarrhea for several days is the main sign.

If you have signs or symptoms, see a doctor.

- The doctor will review your signs and symptoms and order a lab test.
- If it's positive, you'll take an antibiotic for 10 days.



You might be admitted to the hospital.

- Your healthcare providers will use precautions such as wearing gloves and gowns to prevent the spread of *C. diff*.

After you've recovered, you could still be colonized.

- The germs will be in your body, but you won't feel sick. So you won't need treatment.
- But you can still spread it to others, so always practice good hand hygiene.
- Tell all of your healthcare providers that you've had *C. diff*.



One in five people who've had *C. diff* will get it again.

- If you have symptoms again, see your doctor.

Some people get *C. diff* over and over again.

- For those with repeat infections, fecal microbiota transplants have shown promising results.



C. diff is contagious, but you can keep others from getting it.

- Wash hands with soap and water.
- Try to use a separate bathroom if you have diarrhea.
- Take showers and use soap.

[cdc.gov/cdiff](https://www.cdc.gov/cdiff)

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