



FACT SHEET

Clostridioides difficile Infection (CDI)



What is CDI (*C. diff*)?

- *C. diff* is caused by the bacteria *Clostridioides difficile*, which can cause diarrhea by producing toxins that damage the bowel
- You can get *C. diff* by ingesting the bacteria through contact with contaminated surfaces, objects, or feces
- Risk factors include: antibiotic use, being over 65 years of age, weakened immune system, healthcare facility admission

How does CDI spread?

Typically spread through the **fecal-oral route**:

- 1 **Direct contact** via contaminated hands
- 2 Consuming food or drinks contaminated with the bacteria
- 3 **Indirect contact** with surfaces of items contaminated with the bacteria/spore and then touching mouth, nose or eyes

CDI Complications

- Dehydration
- Inflammation of the colon, known as colitis

Common symptoms

- Severe watery diarrhea
- Loss of appetite
- Stomach pain

Testing

- Symptomatic individuals only
- Loose stool, no recent laxatives
- Test for cure is not recommended

Is there treatment?

- Treatment for CDI usually involves taking a specific antibiotic such as vancomycin or fidaxomicin for at least 10 days

How to PREVENT CDI



Hand Hygiene

- Promote hand washing for staff, residents & visitors (soap and water!)



Environmental Cleaning

- Focus on high-touch surfaces
- Dedicate shared equipment where possible
- Use good mechanical action and a sporicide, when possible



Education and Awareness

- Educate staff, residents and visitors about importance of adherence to IPAC practices (hand hygiene, cleaning/disinfection, PPE use)



Additional Precautions

- Implement contact precautions for suspected or confirmed cases



Antibiotic Awareness

- Take antibiotics only when you need them. Talk to a healthcare professional about the best treatment for your illness.

Outbreak Preparedness & Management

- Understand outbreak definitions
- Report outbreak to public health
- Increase surveillance for case monitoring
- Identify potential visitor restrictions
- Ensure sufficient PPE supply, within expiry
- Ensure supply of enteric testing kits, within expiry
- Review staff return-to-work policy
- Stay home when sick!

