

# C. diff Caregiver Checklist

Below are resources to support you in caregiving for your loved ones with *C. diff* infection.

## Keep yourself and your loved ones safe

Follow these routines for cleanliness to keep your home safe:

- Hand hygiene.** Wash hands with soap and warm water before and after eating and using the bathroom
- Disinfect and clean thoroughly.** Use products that contain chlorine bleach to kill bacteria; ordinary alcohol-based cleaners or sanitizers do not kill *C. diff*
- Control contact.** If possible, people with *C. diff* infection should be isolated in a private room, with a bathroom only they will use
- Protective gear.** Disposable gloves or gowns may be required for visitors when near hospitalized patients with *C. diff* infection

For more information about *C. diff* infection, including tips on how to stop the spread of *C. diff*, please visit [CDC.gov/cdiff](https://www.cdc.gov/cdiff).

## Advocacy Groups

Access *C. diff* and caregiver advocacy groups to connect with people who understand your situation.

### Groups focused on *C. diff*

**C. diff Foundation**  
[cdiffoundation.org](https://cdiffoundation.org)

**Peggy Lillis Foundation**  
[peggyfoundation.org](https://peggyfoundation.org)

### Groups focused on caregivers

**Caregiver Action Network**  
[caregiveraction.org](https://caregiveraction.org)

**National Alliance for Caregiving**  
[caregiving.org](https://caregiving.org)

Ferring Pharmaceuticals does not have any relationship with these caregiver groups. The list is only select.

## Helpful resources for you and your loved one



### Customized Doctor Discussion Guide

Create your custom guide to prepare for a conversation with your loved one's doctor.



### C. diff Diary

Keep a record of *C. diff* symptoms, treatments, doctor's visits, and notes or questions.