

Hygienic hand disinfection

The notion that our hands are the most important carriers of germs has been proven. This is why hand disinfection is the most important tool against the transmission of pathogens.

You should disinfect your hands:

- » Before entering and after leaving your room
- » Before eating
- » After using the toilet
- » Before and after contact with your own wounds or mucous membranes
- » Before and after you administer injections independently (e.g. insulin), catheterise or apply dressings

Disinfectant dispensers can be found all around the hospital and in the rooms, which you and your visitors are welcome to use. Apply abundant disinfectant (at least 2 strokes) to dry hands and cover your entire skin. Thoroughly rub in the product until your hands are dry (at least 30 seconds). In doing so, do not forget the fingertips, the spaces between the fingers and the thumbs.



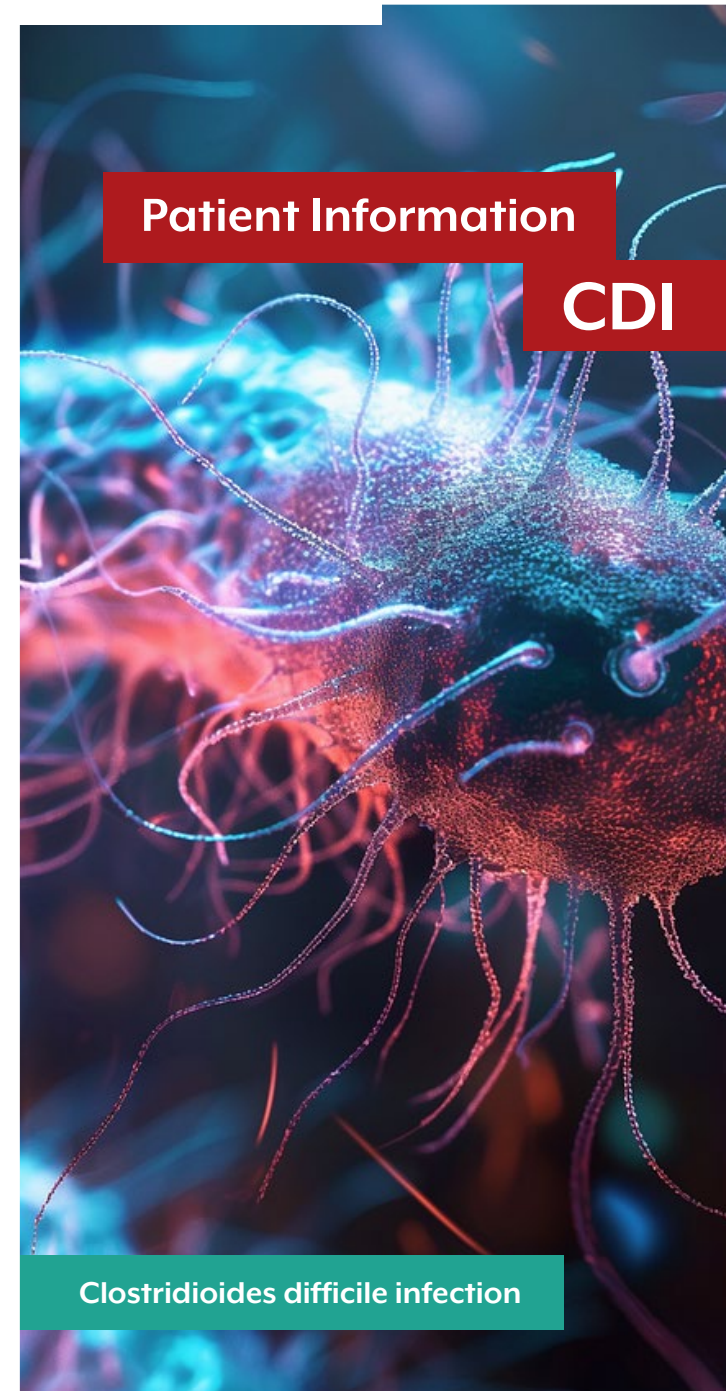
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* The generic masculine is chosen to improve readability.
Thanks for your understanding. The personal designations used refer to male, female and non-gender identities with the same meaning and respect.

Patient Information

CDI



Clostridioides difficile infection

Clostridioides difficile infection (CDI)

What is it?

Clostridioides (formerly Clostridium) difficile is a bacterium that is found worldwide. It is found in the environment and also in the bowel of healthy humans and animals. These bacteria can, however, take centre stage if the intestinal flora is altered or even destroyed by long-term intake of antibiotics, for example.

How is Clostridioides difficile transmitted?

The pathogens are excreted in the faeces. They are highly infectious. Even a small amount of germs is enough to spark an infection. But not everyone falls ill.

» From person to person

In this case, the bacteria are passed on from sick people via their hands.

» Via contaminated objects

It is possible for the pathogen to be transmitted via objects and surfaces that they adhere to, such as toilets, door knobs, handles or handrails.

What symptoms does CDI trigger?

The bowel-related inflammation manifests itself as sudden onset, watery, foul-smelling diarrhoea. Nausea, abdominal pain and fever can also develop.

What is the correct conduct with CDI?

Please follow the instructions given by our employees. You should only leave your room when it is absolutely necessary!

Please observe the following hygiene regulations:

- » Always thoroughly disinfect your hands before proceeding with any task and wash them afterwards.
- » Only use the toilet/commode chair assigned to you. Do not use communal toilets!
- » Close the toilet lid before flushing.
- » Avoid any direct physical contact with other people (shaking hands or hugging).
- » If you are going to leave the room, disinfect and wash your hands and then put on a protective gown. Our employees are always happy to help.
- » Do not hang around in communal areas (cafeteria or common areas of the ward).

How long do I need to be isolated with CDI?

You should remain isolated for a further two days subsequent to the last case of diarrhoea, since the excretion of bacteria via the intestine is still very high during this time. Hence, it is therefore important to uphold hand hygiene following use of the toilet even after the diarrhoea has stopped.

Please ask your visitors to:

- » Report to the nursing staff ahead of entering your room! This is vital so that they can be informed about the necessary protective measures.
- » Avoid any unnecessary contact with your surroundings (e.g. hospital bed, bedside table).
- » Always carry out thorough hand disinfection.

Hygiene measures for home

Perform the following measures for at least two weeks after the symptoms have abated:

- » Frequently wash and disinfect your hands, especially after using the toilet and before preparing food.
- » Do not prepare food for others if possible.
- » Frequently change your bed linen, towels and flannels and wash them at a minimum temperature of 60°C. Wash your laundry separately from other people's laundry.
- » Only use your own towels and flannels.
- » Rinse your dishes in the dishwasher preferably at a minimum of 60°C (no short programme).
- » Clean your toilet and bathroom by using standard cleaning agents, but do this more frequently.