



Fall Issue

CNA TODAY



November 2025



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Infection Prevention and Control for Fall Activities



It's respiratory virus season! **Stay up to date on flu and COVID-19 vaccines** to help protect yourself and your residents from getting sick. You can even get both shots at the same time!

Enjoy outdoor activities where the risk of spreading respiratory viruses is lower, like apple picking, visiting a pumpkin patch, or enjoying a leisurely neighborhood walk.



The fall and winter months are often filled with celebrations and gatherings. **Practice regular hand hygiene and consider wearing a mask in group settings** to stay protected from illnesses.

If you get sick this season, stay home to rest and recover! Going to work when you are sick can be harmful to residents. Try making a hearty vegetable soup to help with healing and recovery.



Clostridioides difficile Awareness Month

November is *Clostridioides difficile* (*C. diff*) Awareness Month

C. diff is a type of bacteria that causes diarrhea and inflammation of the colon, known as colitis. It can be life-threatening, and it spreads easily in healthcare facilities. **CNAs can help prevent the spread of *C. diff* and protect their residents by consistently following infection prevention and control (IPC) practices.**

Symptoms:

- Watery diarrhea (3+ times per day)
- Fever
- Abdominal cramping and pain
- Loss of appetite
- Nausea



Residents at Risk for *C. diff*:

- Residents on antibiotics or those who recently finished taking them
- Residents with a history of *C. diff*
- People with weak immune systems
- Those aged 65 or older

How *C. diff* is Spread:

- Person-to-person through germs in the stool of someone who is sick with *C. diff*
- Through the environment via contaminated surfaces and medical equipment
- **CNAs can spread *C. diff* from resident to resident through unwashed hands or equipment**



Infection Prevention for *C. diff*:

Use Contact Precautions for residents with known or suspected *C. diff* infections:

- **Clean your hands before entering and when leaving a resident room.** Soap and water are preferred over alcohol-based hand rub (ABHR) during a *C. diff* outbreak.
- **Put on a gown and gloves.**



Environmental Cleaning:

- Clean and disinfect all reusable medical equipment before and after use with an EPA-registered disinfectant that kills *C. diff* spores.
- Clean high-touch surfaces daily.
- ***C. diff* spores can live on surfaces like counters, bed rails, door handles, and medical devices for many months if they are not properly cleaned and disinfected.**

Report Symptoms:

- Notify nursing staff if you have a resident with diarrhea. Timely testing, diagnosis, and treatment helps prevent the spread of *C. diff*.

Print the CDC Contact Precautions Sign at the end of the newsletter for reference.

Antibiotic Awareness Week November 18 - 24, 2025

"Fighting Antimicrobial Resistance Takes All of Us."



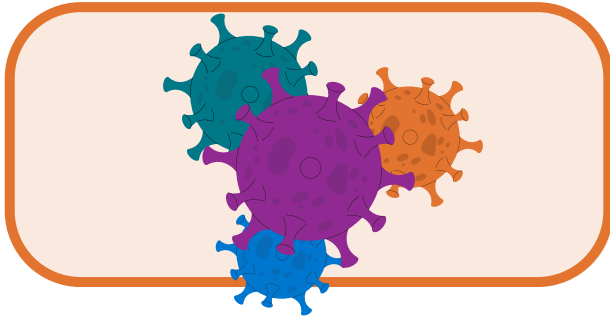
Antibiotic resistance happens when germs develop the ability to defeat the drugs designed to kill them. This can make infections harder to treat. Each year, Antibiotic Awareness Week (AAW) is observed to bring attention to this issue. **CNAs can play a role in preventing the spread of antibiotic-resistant germs.**



How CNAs Can Make a Difference!

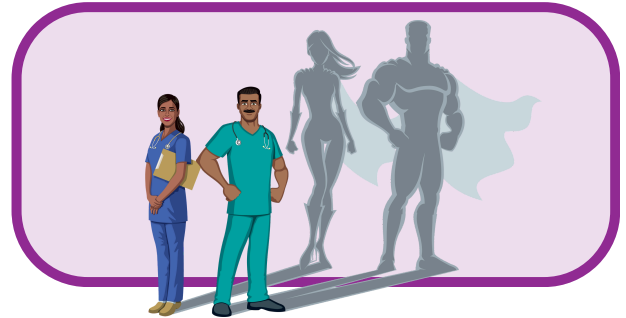
- Perform hand hygiene consistently and properly put on and remove personal protective equipment (PPE)
- Adhere to Standard Precautions, Contact Precautions, and Enhanced Barrier Precautions (EBP)
- Help keep the environment clean - Ensure that reusable medical equipment is properly cleaned and disinfected
- Monitor residents for signs and symptoms of infection
- Maintain accurate resident records and document medication allergies
- Participate in ongoing education on IPC practices
- Stay up to date and educated on AR and IPC practices to help prevent the spread of illnesses. Review the multidrug-resistant organism (MDRO) flyer at the end of the newsletter to learn more!

Multidrug-Resistant Organisms (MDROs): What Certified Nursing Assistants Need to Know



What are MDROs?

- Germs that have developed the ability to defeat the drugs designed to kill them
- Can spread to residents from contaminated hands of healthcare personnel or by medical equipment and surfaces that are not cleaned and disinfected
- Can cause infections (e.g., pneumonia) that are difficult to treat and make residents very sick or even lead to death
- Can live on residents' skin/wounds or on devices (e.g., lines, tubes)
- Examples of MDROs include*: *Candida auris*, CRE, CRAB and CRPA



CNAs Make a Difference!

- You can protect residents from MDRO infection through infection prevention and control (IPC) practices:
 - **Perform hand hygiene consistently** (alcohol-based hand rub preferred in most situations)
 - **Clean and disinfect** medical equipment and healthcare surfaces
 - **Use personal protective equipment** (e.g., gloves, gowns) based on the type of precautions in place
- Attend trainings and review educational materials to stay informed about IPC practices

****Candida auris*, carbapenem-resistant Enterobacterales (CRE), *Acinetobacter baumannii* (CRAB), *Pseudomonas aeruginosa* (CRPA), carbapenemase-producing organisms like KPC-*E. coli*, NDM-CRAB, and VIM-CRPA**



Infection prevention and control practices help **STOP MDROs from spreading and protect your residents.**

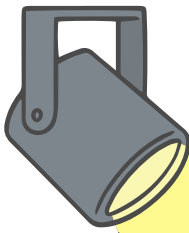


Scan the QR code to learn more about
MDROs and IPC practices
(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)



CNA Spotlight

Colleague-Nominated Celebrations of CNAs



We know all CNAs deserve special recognition! Here, we spotlight some CNAs submitted to this section.

Know someone you want to nominate?

Please send us your nomination using the [Nomination Form!](https://forms.office.com/g/667PAvATyC)
(forms.office.com/g/667PAvATyC)



Darla Morris

Darla inspires me through her unwavering kindness and dedication to her patients. Families and patients often compliment her compassionate care, which shows the deep impact she has on others. Her hardworking nature and thoughtfulness set a powerful example for everyone around her. Most of all, her teamwork shines, reminding me of the strength that comes from supporting one another.



Darla, congratulations on 20 years of service as a rockstar CNA! Thanks for your dedication to resident care!

Alexa is a relatively young lady that joined our team a little more than a year ago! She not only shows up for regularly scheduled shifts but also works extra shifts when needed. When she is here, she has a wonderful relationship with our residents! She makes sure they get the care that they need - but more than that, she makes them laugh! She isn't afraid to step out of the box and really make connections with them!

Congratulations Alexa! Your amazing work as a rockstar CNA is positively impacting residents!

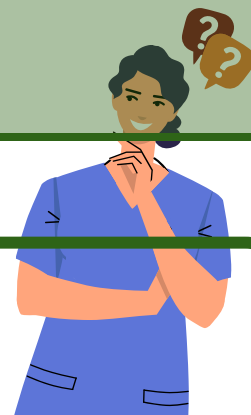


Alexa Luquin-Estrada



Mindfulness Activity

Test Your Knowledge



Test your knowledge of healthcare-associated infections (HAIs) and infection prevention and control (IPC) topics! Match each term in the word bank to the correct statement below.

Antibiotic Awareness Week

Personal Protective Equipment

***C. difficile* spores**

Colonization

Contact Precautions

Enhanced Barrier Precautions

Multidrug-Resistant Organisms

Soap and Water

- _____ 1. Can live on environmental surfaces, like counters, doorknobs, medical devices, etc. for many months if they are not properly cleaned and disinfected.
- _____ 2. Bacteria and germs that have developed the ability to resist the drugs that are used to treat them.
- _____ 3. Occurs when MDROs are present in or on the body but are not causing illness or symptoms.
- _____ 4. The method of hand hygiene that should be used when treating a resident with a *C. difficile* infection.
- _____ 5. The theme for this year is "Fighting Antimicrobial Resistance Takes All of Us."
- _____ 6. Type of precautions used to help prevent the spread of MDROs. This includes the use of a gown and gloves when performing high-contact care activities, like toileting, wound care, etc.
- _____ 7. Safety gear or equipment used to reduce exposure to substances and germs.
- _____ 8. Type of precautions used when a resident has a confirmed or suspected *C. difficile* infection. This includes hand hygiene and the use of a gown and gloves.



Review the answer key at the end of the newsletter

About the HAI Program



The **Healthcare-Associated Infections (HAI) Program** in the California Department of Public Health Center for Health Care Quality oversees the prevention, surveillance, and reporting of HAI and antimicrobial resistance (AR) in California's hospitals and other healthcare facilities. Unfortunately, infections acquired as a result of receiving health care remain a public health problem; most HAI are preventable by following infection prevention care practices.

Learn more about the HAI Program: [HAI Program Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx)

(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx)

Want a refresher on
Infection Control
Practices?



Please visit us at: [Project Firstline Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)

(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)

Questions? Reach out to us at: ProjectFirstline@cdph.ca.gov

Project Firstline is a national collaborative led by the U.S. Centers for Disease Control and Prevention (CDC) to provide infection control training and education to frontline healthcare workers and public health personnel. The California Department of Public Health Healthcare-Associated Infections (HAI) Program is proud to partner with Project Firstline, as supported through Strengthening HAI/AR Program Capacity (SHARP) funding. CDC is an agency within the Department of Health and Human Services (HHS). The contents of this presentation do not necessarily represent the policies of CDC or HHS and should not be considered an endorsement by the Federal Government.





CONTACT PRECAUTIONS EVERYONE MUST:



Clean their hands, including before entering and when leaving the room.

PROVIDERS AND STAFF MUST ALSO:



Put on gloves before room entry.
Discard gloves before room exit.



Put on gown before room entry.
Discard gown before room exit.

Do not wear the same gown and gloves for the care of more than one person.



Use dedicated or disposable equipment.



Clean and disinfect surfaces and equipment with a sporicidal agent.



Mindfulness Activity

Test Your Knowledge Answer Key



Test your knowledge of healthcare-associated infections (HAIs) and infection prevention and control (IPC) topics! Match each term in the word bank to the correct statement below.

Antibiotic Awareness Week
Personal Protective Equipment
C. difficile spores
Colonization

Contact Precautions
Enhanced Barrier Precautions
Multidrug-Resistant Organisms
Soap and Water

***C. difficile* spores**

1. Can live on environmental surfaces, like counters, doorknobs, medical devices, etc. for many months if they are not properly cleaned and disinfected.

Multidrug-Resistant Organisms

2. Bacteria and germs that have developed the ability to resist the drugs that are used to treat them.

Colonization

3. Occurs when MDROs are present in or on the body but are not causing illness or symptoms.

Soap and Water

4. The method of hand hygiene that should be used when treating a resident with a *C. difficile* infection.

Antibiotic Awareness Week

5. The theme for this year is "Fighting Antimicrobial Resistance Takes All of Us."

Enhanced Barrier Precautions

6. Type of precautions used to help prevent the spread of MDROs. This includes the use of a gown and gloves when performing high-contact care activities, like toileting, wound care, etc.

Personal Protective Equipment

7. Safety gear or equipment used to reduce exposure to substances and germs.

Contact Precautions

8. Type of precautions used when a resident has a confirmed or suspected *C. difficile* infection. This includes hand hygiene and the use of a gown and gloves.