

Candida auris (*C. auris*)

Why am I receiving this pamphlet?

One of your laboratory tests shows you are carrying a type of antimicrobial-resistant organism known as *Candida auris* (*C. auris*).

This information sheet is provided to help you and your family understand *C. auris* and how to prevent the spread to others.

What is *C. auris*?

C. auris is a fungus that was discovered in 2009 and has spread to countries all over the world.

Candida auris can live on your body. When *C. auris* is on your body without causing illness, this is referred to as colonization.

Candida auris does not normally cause illness in healthy people. If *C. auris* spreads to other parts of the body such as the lungs or blood, it can cause serious illness in some people. Most people who get serious *C. auris* infections are already sick from other medical conditions.

Illnesses caused by *C. auris* are difficult to treat, so it is important to reduce the spread of these organisms to others.

C. auris is found within healthcare settings on people and their surroundings. It is spread by contact with unclean hands and environments that are not clean.

Can *C.auris* be treated?

Most often, *Candida auris* does not cause illness and does not require treatment. If you develop an illness caused by *C.auris*, your doctor will choose the best antifungal medication for you. Make sure you take the medication as prescribed by your doctor.

What will be different when I am in a healthcare facility?

- A sign will be placed on your door or curtain to indicate Additional Precautions are required. The sign will say Contact Plus Precautions.
- Visitors must clean their hands before entering and when leaving your room.
- Health care providers will clean their hands, put on gloves, and wear a gown over their clothing before entering the room to take care of you.
- Use your own toilet or commode (toilet on wheels) and clean your hands every time after using the washroom.
- Do not share your toilet or commode with other patients or visitors.

more information on other side →

Call 8-1-1 Healthlink BC www.healthlinkbc.ca	Nurse	24 hours a day	Daily	Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
	Dietitian	9 a.m. – 5 p.m.	Mon – Fri	
	Pharmacist	5 p.m. – 9 a.m.	Daily	
	Hearing Impaired	Call 7-1-1		

Candida auris (*C. auris*) (continued)

How can I prevent the spread of *C. auris*?

In most situations, the spread of *C. auris* can be controlled by cleaning your hands well and often.

Cleaning your hands will remove germs, including *C. auris*

- The use of hand sanitizer is the most effective way to clean your hands unless they are visibly dirty.
- When your hands are visibly dirty, you need to use plain soap and water to remove the dirt.
- Cleaning your hands is particularly important after using the bathroom, before leaving your room and before eating.
- Do not touch any open sores or wounds.
- Do not use the shared patient kitchen.
- Follow any instructions your health care providers give you.

Instructions to prevent spread of *Candida auris* at home

- Clean your hands often, especially after going to the bathroom and before preparing or eating food.
- People who live with you should also clean their hands often.
- Do not share personal care items such as washcloths, towels, toothbrushes, or bars of soap.
- Frequently clean bathrooms and other often touched surfaces (such as light switches, water taps, and toilet handles) with normal household cleaner.
- Sheets, towels, and clothing may be washed and dried as normal.
- Wash non-disposable cleaning cloths after each use.
- Cover open or draining wounds with a clean dressing or bandage.

If you return to a hospital, tell the nurse or doctor that you have *Candida auris*. With your help, we can stop the spread of *C.auris*.

Additional Resources

There are many resources on the internet but not all will have accurate information. Below is a list of trusted internet resources for *Candida auris*. Open camera on phone, focus on image (QR Code), tap website link to open document.

US Centres for Disease Control and Prevention (CDC)

Preventing the Spread of *C. auris*

<https://www.cdc.gov/candida-auris/prevention/index.html>



BCCDC public website

Hand Hygiene

<http://www.bccdc.ca/health-info/prevention-public-health/hand-hygiene>

