

Information for People Who Have Tested Positive for *Candida auris* (*C. auris*)

You have received this information because *Candida auris* (*C. auris*) was detected in a sample taken during your healthcare visit. This leaflet explains what *C. auris* is and what it may mean for you.

What is *Candida auris*?

Candida auris (abbreviated as *C. auris*) is a yeast that can live on the skin, and sometimes in the nose or other parts of the body. It is resistant to many medicines used to treat fungal infections.

A person can carry *C. auris* on their skin or elsewhere in the body without being ill or experiencing any symptoms. This is known as being a **carrier** of *C. auris*. If *C. auris* was first discovered as the cause of an infection, you are still considered to be a carrier of *C. auris*.

C. auris can cause infections, including infections in the abdomen or bloodstream, although other types of infections can also occur. Carriage and infections with *C. auris* are seen mainly in people with underlying health conditions and less often in otherwise healthy individuals.

Is it dangerous to be a carrier of *C. auris*?

Carrying *C. auris* without having an infection is not dangerous in itself, and no treatment is needed simply because you are a carrier.

However, if you develop an infection caused by *C. auris*, it may be more difficult to treat than other fungal infections.

How does *C. auris* spread?

C. auris is found on the skin and can spread through direct contact with other people. It can also survive on equipment and surfaces and may spread through equipment or surfaces that have not been cleaned adequately.

What can I do to reduce the risk of spreading *C. auris* to others?

- Wash your hands thoroughly with soap and water:
 - before preparing or eating food
 - after using the toilet
 - after contact with bodily fluids, for example after blowing your nose
 - whenever your hands are visibly dirty
 - before and after visiting a hospital, nursing home, or other healthcare facility
- Keep wounds, cuts, and oozing rashes clean and covered with a dressing or plaster.
- Do not share razors or towels with others.
- Wash underwear, towels, and bed linen at 90°C (194°F) if the fabrics can tolerate this temperature.
- When cleaning your home, pay particular attention to frequently touched surfaces such as door handles, cupboard handles, and other commonly used surfaces.

Can I attend daycare, school, or work if I am a carrier of *C. auris*?

Children who are carriers of *C. auris* can attend daycare or school and take part in leisure activities and play as usual.

Adults can continue to work as normal even if they are carriers of *C. auris*.

Remember to follow the advice above to reduce the risk of spreading *C. auris* to others.

Who do I need to tell that I am a carrier of *C. auris*?

You should inform healthcare providers that you are a carrier of *C. auris* whenever you receive healthcare, for example when visiting a doctor or if you are admitted to a hospital or nursing home.

Information about your *C. auris* carrier status will also be recorded in your medical record. This helps healthcare professionals prevent the spread of infection and choose the most appropriate treatment if you develop an infection.

If your partner or other members of your household need healthcare, they should inform healthcare providers that they live with someone who is a carrier of *C. auris*.

You do not need to inform your employer, colleagues, friends, school, or daycare provider that you are a carrier of *C. auris*.

What happens if I am admitted to a hospital or nursing home?

If you are a carrier of *C. auris*, measures may be needed during your stay in a hospital or nursing home to reduce the risk of spreading it to others. The specific measures will depend on the situation. These may include:

- A private room and private bathroom.
- Healthcare staff wearing personal protective equipment such as gloves, gowns, and face masks.
- More frequent cleaning of rooms and equipment.
- In hospitals, isolation may sometimes be necessary. This means you may be asked to stay in your room and avoid using shared areas or having close contact with other patients.

Infection prevention and control measures may also be necessary when you receive healthcare in other settings.

Even if such measures are required, you are entitled to receive the same healthcare as any other patient.

Can I get rid of *C. auris*?

There is currently no treatment that can eliminate *C. auris* carriage. In some people, the fungus may disappear naturally after months or years. However, there is no reliable test that can confirm with certainty that you are no longer carrying *C. auris*. Follow-up screening tests are not usually recommended.

If you have any questions about *C. auris*, please speak with your doctor.