

Candida auris

Consumer guide – version 1, 2025

What is *Candida auris*?

Candida auris, often known as *C. auris*, is a type of fungus or yeast that can make you sick with an infection. Many medications often used to treat fungal infections do not often work with *Candida auris*. This can make infections difficult to treat.

Candida auris can also live on the skin or in body fluids without causing an infection (making you sick). This is known as colonisation.

How is *Candida auris* spread?

Candida auris can spread in healthcare settings through:

- **direct contact** with a person with *Candida auris*
- **indirect contact** with contaminated surfaces or shared medical equipment
- **indirect contact** from hands of others when not cleaned properly.

Who is at risk?

Patients at higher risk of getting *Candida auris* include those who:

- have received care in an overseas hospital or clinic
- shared a room with a person who has *Candida auris*
- have a weak immune system
- already have many other medical conditions
- have tubes going into in their body, such as drips, bladder catheters, feeding tubes or breathing tubes
- have had multiple antibiotics or antifungal medications.

Signs and Symptoms

Candida auris can cause infection such as:

- infections in your blood (candidaemia)
- wound infections
- ear infections
- urinary tract infections (UTI).

How is *Candida auris* diagnosed?

If your doctor suspects you are at risk or have *Candida auris*, they will collect samples, on up to 3 separate occasions, from areas of your body, with your informed consent, such as:

- the armpits and both sides of the groin
- blood culture sample if you are very unwell.

The tests are not painful and there are no side effects.

You may be asked to be tested if you have had **close contact** with someone with *Candida auris* or stayed in an **overseas hospital** in the past year.

How is *Candida auris* treated?

Treatment depends on whether you develop an infection. If you get an infection, your doctor will discuss your treatment plan with you. Treatment may involve:

- antifungal medications which may be given in tablet form or may need to be given through a vascular access device in your vein.
- care to be given by an infectious disease specialist.

Your role and consent

As with all care that we provide to you, you have the right to be well informed and to be involved in any decision making that impacts your care. If you have questions about *Candida auris* during your hospital stay, please talk with your healthcare team.

What patients and family members can do

- Patients, family members, and visitors should frequently use alcohol-based hand rubs or wash their hands soap and water.
- Visitors should clean their hands before entering and after leaving the patient's room.







- Visitors are not required to wear gown/apron and gloves unless helping with care.
- Staff will provide instructions on how to safely apply and remove gown and gloves.

After discharge

- People can carry *Candida auris* for a long time even if they never have symptoms or if they were sick and recovered. Patients should continue to frequently use alcohol based handrubs and wash their hands.
- It is important to inform healthcare providers about previous positive screening results before going to another healthcare facility. Please also inform your GP of any positive test results for *C. auris*.

Preventing infections in healthcare

During your hospital stay, there are many ways that we will protect you from *Candida auris*. At all times, you can expect us to:

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|  | <p>Clean our hands before and after we touch you, by washing hands with soap and water or using alcohol-based hand rub. It is ok to ask us if we have.</p> |  | <p>Clean any shared equipment used during your care before we use it with you.</p> |
|  | <p>Clean your room or bed space and bathroom each day.</p> |  | <p>Use single-use (or disposable) medical supplies during procedures, such as needles and syringes.</p> |
|  | <p>Isolate (keep away from others) any patient who are known to carry <i>Candida auris</i> or has risk factors for carrying <i>Candida auris</i>.</p> |  | <p>Use personal protective equipment (PPE) to protect you and us from blood or body fluids during procedures. PPE may include gloves, mask, face shield, gown, or apron.</p> |

What to expect if you are suspected or confirmed to have *Candida auris*

If you are suspected or confirmed to have *Candida auris*, the following information is important to know to keep both yourself and others safe:



You may be placed in a single room with your own ensuite if you are suspected or confirmed to have *Candida auris*.



Staff will use gowns or aprons and gloves whilst caring for you to help protect you and others.



You may notice more frequent cleaning in your room to help minimise contamination of the environment or equipment.



It is important to perform good hand hygiene regularly by washing your hands with soap and water or using alcohol-based hand rub.



Tell your nurse or doctor if you have a history of *Candida auris* colonisation or infection or have received any type of care overseas in the last year.



You may need to have more tests after you discharge from hospital, such as swabs in the groin and armpits. This will be followed up with your GP, specialist doctor or long term care facility.



Visitors do not need to routinely wear a gown or gloves but do need to perform hand hygiene.



It is important to take the full course of medicine to treat *Candida auris* if you are asked to do so by your doctor.