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## Multidrug-resistant *Candida auris*

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### What is *Candida auris*?

- *Candida auris* (*C. auris*) is a fungus that causes serious infections that can affect the blood, heart, or brain.
- Infections with *C. auris* are still **rare** in Canada and in the USA; however, it is becoming more common, causing infections in more than a dozen countries.
- **Symptoms:** fever and chills that don't improve after antibiotic treatment for a suspected bacterial infection.
- **Risk Factors:** Most who get serious *C. auris* infections are already sick from other medical conditions. Some have been hospitalized outside of Canada.

### What if I have a *C. auris* infection?

- You will stay in a single room.
- A sign will be placed on your door to remind others who enter your room to wash hands, wear gloves and a gown. This is called "Contact Precautions" (isolation).
- Patients who have had contact with you will be tested for *C. auris*.
- Your hospital record will show that you have a *C. auris*.

### How is it spread?

- *C. auris* is not spread through the air, but may survive on equipment such as bedrails, tables, chairs, countertops and door handles.
- It can survive on surfaces for several weeks
- *C. auris* can be spread from one person to another by unwashed hands or contact with soiled equipment and surfaces as mentioned above.
- Illness can occur when *C. auris* gets into the body and cause an infection.

## Is there treatment for it?

- Antifungal medicines commonly used to treat Candida infections often don't work for *C. auris*.
- Lab tests will help to show which antifungal medication to use.

## What can be done to prevent the spread of it?

- The best way to prevent the spread is to clean your hands with either soap and water or hand sanitizer.
- Healthcare workers must wear gown and gloves when in contact with the patient or the patient environment.
- The patient's room will be cleaned twice daily with a hospital grade cleaning product.

## Can I have visitors?

- Yes. Healthy family and visitors have a low risk of getting an infection with *C. auris*. All visitors must be instructed by staff on what to do before entering and leaving your room. Children must be closely watched. We ask that your visitors only visit you in your room, and to do the following:
  - Clean their hands before entering and leaving your room
  - Follow the sign on the door and instructions given by staff
  - Not use your bathroom
  - Not eat or drink in your room

## What should I do if I need further health care?

- When any further health care is needed, please let the health care worker know that you have had *C. auris*. You may still be a carrier even though you feel well and it is causing you no harm. You need to give this information:
  - When you go to the dentist
  - When you go to a hospital or clinic
  - Anytime you need to give a medical history
- Although healthy people are not a high risk of picking up your *C. auris*, sick people might not be able to fight it off. The greatest risk of spreading your *C. auris* is in the hospital. If you have to go to the hospital you will be checked and may need Contact Precautions (isolation).

**For more information visit:**

CDC Centres for Disease Control

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

**Adherence to Infection Prevention and Control measures by staff and visitors is required to prevent the spread of infection**

<p><b>Stop the spread of germs and infection. Clean your hands.</b></p>	
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This fact sheet provides basic general information only and is to be used as a quick guide, not as a complete resource on the subject. If you have any further questions, ask Infection Prevention & Control or your health care provider.