



Patient & Family Information

Candida auris – (C.auris)

What is Candida auris (*C.auris*)?

Candida is a genus of fungi (yeasts) that lives on the skin and inside the human body. ***Candida auris* (also called *C.auris*)** is an uncommon fungus that can cause serious infections. Most people who carry this fungus on their body do not get sick from it, but sometimes it can lead to serious bloodstream, wound and ear infections. People who carry the fungus (known as colonisation) are considered to be colonised for life. Infections caused by *C.auris* are concerning because they can be more difficult to treat than other candida infections, as they are often resistant to medicines.

How does *C.auris* spread?

C.auris can spread from person to person by unwashed hands or via shared medical equipment and surfaces (such as bedrails, tables, chairs, countertops and door handles) that are not properly cleaned and disinfected.

What special precautions are required for *C.auris*?

- You will stay in a room by yourself or in a shared room with a patient who also has *C.auris*. The door to your room may remain open.
- A sign will be placed on your door to remind everyone who enters your room about the special precautions that must be taken. Everyone who cares for you or visits you will wear gloves and a long-sleeved gown.
- Your room and the equipment used in your room will be cleaned and disinfected regularly.
- You will clean your hands with alcohol-based hand sanitizer or, if visibly soiled, with soap and water before leaving your room, after using the washroom and before eating.
- Everyone who leaves your room will clean their hands.
- You will not visit shared areas such as patient lounges, cafes, coffee shops or gift shops, etc. Ask your nurse if you need something from the nourishment room or extra supplies, like sheets.
- You will try and minimize the number of personal items in your room.

What about family and visitors?

Family and visitors can still visit you in hospital.

- The signs outside your room will show them how to safely wear gloves and a gown.
- They must clean their hands with alcohol-based hand sanitizer before entering and when leaving your room.

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- They should not eat or drink in your room or use your bathroom.
- Before leaving your room, they must remove the gloves and gown and dispose of them in the garbage container located in your room.
- Your family and visitors should not assist other patients in your room. Instead, they can use the call bell to ask for help.
- Family and visitors in isolation rooms should not enter the kitchenette area or other supply areas. Ask a nurse for assistance.

Practice Good Hand Hygiene!

We invite you to ask anyone who enters your room to clean their hands before and after they touch you. Special attention should be paid to handwashing (15 seconds of soap and running water or using two pumps of alcohol-based hand sanitizer and rubbing until hands are dry) as this is the most important practice to prevent the spread of bacteria. You should wash your hands:

- After using the bathroom
- After blowing your nose
- Before eating and drinking
- Before and after you touch your bandages /dressings or wounds
- When your hands are visibly dirty
- Before you leave your hospital room



What will happen at home?

Healthy people like your family, friends and caregivers are at low risk of becoming infected with *C.auris*. The following practices are recommended:

- Everyone who might help you with your personal hygiene or with going to the toilet must wash their hands after contact with you.
- If household members are providing extensive care to you (such as changing a dressing on an infected wound), these persons should consider wearing disposable gloves.
- Clean your hands before you make any food and before you eat, and after using the toilet. Everyone in your household should follow this practice.
- Use your own towels and facecloths. Do not share these items with other people.
- Clothing may be laundered in the same manner as the rest of the household laundry.
- No special cleaning of furniture or dishes in the home is required.
- Cover cuts or open areas with a bandage/dressing and wash your hands well before and after touching these areas.
- You should always inform healthcare providers that you have tests positive for *C.auris* when visiting healthcare offices and when being admitted to hospitals or nursing homes.

