

# Candida auris patient information

## *Candida auris*

*Candida auris* (*C. auris*) is an uncommon fungus (sometimes called yeast) that can cause serious infections. Most people who carry the 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. Only a laboratory test can diagnose *Candida auris* infection.

People with *Candida auris* can help to stop it from spreading by washing their hands regularly and following instructions when in hospital.

## *Candida auris* in Australia

*Candida auris* is rare in Australia. Australia has had very few identified cases of *Candida auris* to date.

- To date most cases of *Candida auris* in Australia have been found in people who received care in an overseas hospital in the last 12 months.
- *Candida auris* is more likely to affect patients who already have many medical problems, have weakened immune systems from conditions such as blood cancers or diabetes, receive lots of antibiotics, or have devices like tubes going into their body (for example, breathing tubes, feeding tubes, catheters in a vein, or bladder catheters).
- Healthy people usually don't get *Candida auris* infections. If you get an infection, your doctor will discuss your treatment plan with you.

## Stopping the spread of *Candida auris*

*Candida auris* can be spread by contact with a person with *Candida auris* directly to another person or indirectly from contact with contaminated items in the environment. It can spread in hospitals and nursing homes.

Patients with *Candida auris* in hospitals will be placed in a single room. Healthcare workers will wear gowns or aprons and gloves during care and the room will be cleaned more often. All visitors and staff will clean their hands with hand sanitiser or soap and water before and after contact with the patient or their room.

If you have tested positive to *Candida auris* in the past, tell the doctors and nurses if you go to hospital.

## Candida auris testing

You might be asked by your healthcare worker provider to undergo testing for *Candida auris*. This will involve swabs being taken from both your armpits and both sides of your groin. The procedure is not painful and there are no side effects.

You may be asked to undergo testing for *Candida auris* for the following reasons:

- you have had an overnight stay in a hospital overseas in the last 12 months
- you have had contact with a patient with *Candida auris* in healthcare recently.

Have any further questions? Speak to your doctor or healthcare provider.