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## What is *Candida auris*?

*Candida auris*, or *C. auris*, is a yeast. It causes severe infections and can spread in healthcare settings. *C. auris* infections can be hard to treat. Most are resistant to at least one drug used to treat them. *C. auris* can also live on the skin or other body parts without making a person sick. People call this being “colonized.”

## What does colonization mean?

Colonization means that people carry *C. auris* but are not infected. People who carry *C. auris* may not realize it and can pass the fungus to another person at risk. They might get sick from this fungus. So, healthcare providers should know the colonization status. They might take steps to prevent infection.

## How is *Candida auris* colonization identified?

A simple test can identify *C. auris* colonization if your provider recommends it. A nurse or doctor will wipe a cotton swab on the skin near your armpits and in your groin. The test is not painful.

## What does it mean to be infected with *Candida auris*?

*C. auris* infection refers to the fungus making its way into any part of the body (i.e., through blood, sputum, wound etc.). This will make the individual infectious. They will likely have mild, unnoticed symptoms. Invasive *Candida* infections often affect people who are already sick. So, it can be hard to tell if you have a *C. auris* infection. Only a laboratory test can diagnose *C. auris* infection. If you suspect a fungal or healthcare-associated infection, talk to your healthcare provider.

## How is *Candida auris* infection diagnosed?

A healthcare provider needs to conduct a lab test on blood or another infected specimen to confirm the diagnosis.

## Who gets *Candida auris* infection?

*C. auris* mainly targets patients with many existing medical conditions. It often infects people who have had frequent hospital stays. It also infects those who live in nursing homes or long-term acute care hospitals. It is more likely to affect patients who have weakened immune systems. This includes those with blood cancers, diabetes, or who receive many antibiotics. It also affects those with devices like breathing tubes or feeding tubes and catheters. Healthy people usually do not get *C. auris* infections.

## **How is *Candida auris* spread?**

*C. auris* can spread by direct contact in healthcare settings. Contaminated surfaces in the environment might also spread it through contact.

## **What are the symptoms of *Candida auris* infection?**

Symptoms may go unnoticed. Patients with *C. auris* are often very sick in the hospital with another illness. The affected body part determines the symptoms of *C. auris* infection. For bloodstream infections, the most common symptoms are fever and chills.

## **How soon after exposure do symptoms appear?**

Scientists do not know how long it takes symptoms to appear. It probably varies from patient to patient.

## What is the treatment for *Candida auris* infection?

Antifungal medicines can treat most *C. auris* infections. *C. auris* infections are rarely resistant to all three major antifungals. In these rare cases, treatment options are extremely limited.

## How can *Candida auris* infection be prevented?

To prevent *C. auris* infection, people should wash their hands. Use soap and water, or an alcohol-based hand sanitizer if hands are not soiled. Healthcare providers should follow infection prevention and control measures. This includes the proper use of gowns and gloves. *C. auris* can live on surfaces in healthcare settings. Clean and disinfect the environment on a regular basis. Use products that kill *C. auris*. When a healthcare provider transfers a patient with *C. auris*, they must notify the receiving facility of the infection. This allows for the prompt use of the right infection control measures.

## What if I have *Candida auris*?

Notify all your healthcare providers. Bring this paper if you need help remembering the name of the germ.

Follow your healthcare provider's instructions. If your provider prescribes you antifungal medicines, take them exactly as directed. Follow any other medical or hygiene advice your provider gives you.

Wash your hands with soap and warm water. Wash your hands when:

- Eating or preparing food.
- Before and after changing a wound dressing.
- After using the bathroom.
- After blowing your nose, coughing, or sneezing.

Use alcohol-based hand sanitizer when soap and water are not available. Ask and remind healthcare personnel to wash their hands.

## What if I am caring for someone with *Candida auris* at home?

Family members who are healthy have a low chance of *C. auris* infection. *C. auris* mainly affects people with many medical problems. It is a problem for those who have spent a lot of time in healthcare settings.

Family or caregivers of patients with *C. auris* must wash their hands before and after touching the patient or medical devices. Handwashing is crucial if the caregiver cares for many sick people at home. Use gloves if contact with body fluids or blood is possible. Family and caregivers should ask and remind others to wash their hands.

## How can I learn more about *Candida auris* infection?

- If you have concerns about *Candida auris* infection, contact your healthcare provider.
- Call your local health department. You can find your local health department at [vdh.virginia.gov/health-department-locator/](https://vdh.virginia.gov/health-department-locator/).
- Visit the VDH *C. auris* website at [vdh.virginia.gov/haiar/cauris/](https://vdh.virginia.gov/haiar/cauris/).
- Visit the CDC website at [cdc.gov/candida-auris/index.html](https://cdc.gov/candida-auris/index.html).

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