

## Further information

Please speak to your doctor or nurse if you have any questions or concerns about Candida auris.

### How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to and after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser as hand sanitisers are not suitable for use when dealing with patients who have symptoms of diarrhoea.

For infection prevention & control purposes and to keep you safe and well visitors are requested **not** to:

- Visit you if they are unwell
- Sit on your bed or use the patient toilets.
- Touch your wounds, or any medical devices, drips or catheters.

### How can I find out more?

Contact the Infection Prevention & Control Department on:

Wycombe Hospital Tel: 01494 425456

Stoke Mandeville Hospital Tel: 01296 315337

Public Health England Tel: 0344 225 3861

Public Health England Website: <http://www.hpa.org.uk>

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[www.buckshealthcare.nhs.uk](http://www.buckshealthcare.nhs.uk)

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## *Candida auris*

### Patient Information Leaflet

If you require a translation or alternative format of this leaflet please call Infection Prevention & Control 01296 315337

Safe & compassionate care,

every time

## What is a Candida auris?

Candida auris is a type of micro-organism (germ). There are lots of micro-organisms on our skin and in the air we breathe, the water we drink and the food we eat. Most of them are harmless, some are beneficial and a very small proportion can make us unwell.

Candida is a large family of fungi that lives on human skin and inside the body. Candida auris is much less common than other types of Candida. Some people carry Candida, but do not know because they have no symptoms and it does not harm them. This is known as “colonisation” and we call these people “carriers”.

Candida and other micro-organisms cause problems in hospital particularly for patients having complicated medical treatments, including operations and intravenous lines, as these provide opportunities for micro-organisms to enter the body. Occasionally, a micro-organism can get into surgical wounds or the bloodstream and may cause serious infections that can be life-threatening and require treatment.

## How do you test for Candida auris?

A nurse may take swabs from different parts of your body to check if Candida auris is present. This may happen when you arrive or during a hospital stay.

## What will happen if I have Candida auris infection or if I am a carrier?

If you carry Candida auris you may be treated with antiseptic shampoo and body wash to reduce it from your hair and skin. If you have an infection caused by Candida auris, it is usually treated with antifungal medicines.

If you have Candida auris infection or are a carrier you may be looked after in a single room while you are in hospital. This is to help prevent the spread of Candida auris to other patients.

## How is Candida auris spread and what can be done to prevent it?

If people have Candida auris on their hands, they can transfer it to other people and objects that they touch. This allows other people to then pick it up on their hands.

To prevent the spread of Candida auris, we have a number of measures in place for staff. These include:

- Hand washing before and after contact with every patient.
- Screening to identify patients who may be carriers.
- Using single rooms for patients who are infected with, or are carriers of Candida auris. If no single rooms are available, patients may be cared for together in a separate bay.
- Ensuring health professionals wear, gloves and aprons when caring for patients who have infections or are carriers of Candida auris.
- Cleaning surfaces and equipment that may be contaminated with Candida auris.

## What can I do to prevent the spread of Candida auris?

The best way to prevent the spread of Candida auris is to regularly wash your hands with soap and water especially after using the toilet and before eating food. You should also avoid touching any areas of broken skin or wound dressings.

## What precautions should my visitors take?

Candida auris does not usually cause infections in healthy people. However, visitors should wash their hands before and after touching patients or anything around the bedside. They may be asked to wear plastic aprons and gloves if they are helping with your personal care.

## What happens after I go home?

If you are a carrier, no special measures or treatment are required when you go home. If you are admitted to hospital, or see any other healthcare professional you should let the staff know that you are or have been a carrier.