

Candida auris

Multi-drug Resistant

Information for Patients, Families, and Visitors

Why am I receiving this pamphlet?

You are receiving this pamphlet because you are being tested or you have tested positive for Candida auris. Unfortunately, Candida auris can spread to others so it is important to identify if a patient is carrying Candida auris so everyone can take necessary steps to prevent further spread. This pamphlet will help you understand how you, your family and your healthcare provider(s) will prevent the spread of Candida auris to others.



What is Candida auris?

Candida auris is a fungus that presents a serious global health threat and has potential to cause serious healthcare associated infections and outbreaks in Acute and Long-Term Care facilities. Candida auris is difficult to treat because it is multi-drug resistant. This means, the antifungal medications that are normally used to treat Candida infections no longer work. Most people who get serious infections are already sick with other medical conditions. Candida auris is known to spread in healthcare facilities through contact with affected individuals and contaminated surfaces or equipment.

What does this mean for me?

If you test positive, but you do not have signs or symptoms of infection, this is called 'colonization' and treatment is not necessary. Most people who carry C. auris never get sick from it. If you do get sick, knowing you carry this fungus will help your healthcare providers make treatment decisions. If you have a C. auris infection, you will be treated with antifungal medications.



What can I do to prevent others from getting C. auris?

- Washing your hands is the most important thing you can do to prevent the spread of Candida auris.
- You can wash your hands with an alcohol based hand rub or soap and water.
- We recommend you wash your hands:
 - After using the washroom
 - Before and after preparing food, eating or drinking
 - When your hands are visibly dirty



How to Prevent the Spread of Infection in Healthcare Facilities and Home



HOSPITAL

- In acute care hospitals, you will be placed on Contact Precautions. Healthcare workers will wear a gown and gloves when providing care.
- Family and visitors will do hand hygiene and put on a gown and gloves before entering your room.
- Wash your hands when you are entering and exiting your room.
- Do not use the patient kitchen.
- We ask you to use your own toilet or commode and clean your hands after.
- You should not share your toilet or commode with other patients or visitors.
- Healthcare providers and visitors remove their gloves and gowns, and do hand hygiene before they leave your room.
- Follow your health care provider's instructions to wash your hands before walking around outside your room, and by asking where and when you may walk.



LONG-TERM CARE

- Your healthcare provider will clean their hands before and after providing care.
- If you are colonized with C. auris, you will be placed on enhanced barrier precautions. Your healthcare provider will wear a gown and gloves when providing care.
- Family and visitors will wash their hand before entering and exiting your room.
- Family and visitors who participate in your care will wear a gown and gloves.
- You will be asked to clean your hands when you leave your room, before eating or preparing food, after using the bathroom, and before and after participating in group activities.
- If you have wounds, tubes, lines or drains, your healthcare provider will ensure a clean, dry bandage is covering these areas.
- You will be provided with access to a private toilet or commode. Do not share it with anyone else.



OUTPATIENT CLINIC

- Notify your healthcare provider that you have Candida auris.
- Wash your hands when entering and exiting the healthcare facility.
- If you have, any open wounds or indwelling medical devices, follow the directions of your healthcare provider to keep these areas clean and covered.
- Your healthcare provider may wear a gown and gloves when providing your care.



HOME

- Wash your hands often.
- People who live with you should wash their hands often.
- Do not share personal care items with others.