

C. auris



How can we reduce the spread of C. auris?

The best way to stop the spread of all bugs is to keep hands and equipment clean. Staff should always clean their hands before and after caring for you and other patients.

You should clean your hands regularly too. You need to clean your hands very thoroughly after going to the toilet, before eating and if you touch any broken skin. Try not to touch wounds, dressings, drips, or tubes.

In hospitals, staff are very careful to clean their hands after they have been caring for people with C. auris. Sometimes they will wear aprons and gloves. If you have C. auris, you may have a single room or share a separate room with other patients who have C. auris. We take these steps to reduce the spread of C. auris.

If you know you have C. auris, please tell a member of staff when you come to hospital. The hospital will record that you have C. auris on your patient chart.

What happens when I go home?

The risk is very small that C. auris will do harm to people in good health. You do not need to do anything different from anyone else as you go about your normal life at home and out and about.

If you go home with a wound, or a catheter (tube), only touch these if your medical team has asked you and showed you how to do it and your hands are clean.

Everyone should clean their hands before eating or preparing food and after going to the toilet. Clean hands protect you and others from the spread of bugs, not just C. auris.

No special requirements are needed for your clothing and towels, eating utensils and dishes. They can be washed in the normal way using detergent or laundry powder. You don't need to use disinfectant.



Further information

Ask your healthcare team if you have any questions or if you need more information about C. auris. You can find more information on www.hse.ie/infectioncontrol or on www.hpsc.ie

This health information is for general purposes only. Please talk to your doctor or other health professional to make sure this information is right for you.



C. auris



What is Candidozyma auris (C. auris)?

Candida is a family of fungi (yeasts) that live on the skin and inside the human body. Candidozyma auris (formerly known as Candida auris) is a bug that is resistant to some of the more commonly used treatments (antifungals). It is called C. auris for short.

C. auris is much less common than other types of candida such as Candida albicans which can cause yeast infections (thrush). However, C. auris is harder to kill than other more common yeasts.

In this leaflet we explain the extra steps we take to protect you and other patients if you have C. auris while you are in hospital.

Can C. auris cause serious infection?

In most people, C. auris is harmless and does not cause infection or illness. However, in some people, such as with people with a weak immune system, C. auris can become a serious problem.

C. auris can live harmlessly on the skin or in the body. This is called 'carriage' or 'colonisation'. Some people can have it without realising, as they have no symptoms and do not become unwell.

Sometimes, C. auris can get into surgical wounds or enter the body during medical treatments. This includes during operations or when using drips or urinary catheters (tubes).

How did I get C. auris?

It is hard to know where or when you picked up C. auris.

It can be easy to pick up from your surroundings, your hands, clothes or equipment shared between patients.

It can be difficult to eliminate from healthcare facilities.

You might have had C. auris on your skin for some time before a test found it. In most people C. auris is harmless and does not cause infection or harm.

What are the symptoms of a C. auris infection?

If you have a C. auris infection, it can feel the same as an infection caused by another bug. You may get a temperature, feel pain and start to shiver and this can become more serious such as an infection in your bloodstream. It is important to tell your nurse or doctor if you feel unwell with these symptoms.

If you have symptoms of infection, your healthcare team may:

- take a swab or sample from one or more places on your body
- test those samples in the microbiology laboratory



What is the treatment for C. auris?

If you need treatment, you may need to take special antifungal medicines as some of the usual antifungal treatments may not work.

Your doctor will provide more specific information about any treatment you may need.

How long will I have C. auris?

C. auris can live on your skin for months or even years. Treatment can reduce its presence in your body.

If you do not need to take antibiotics or antifungals for a long time, the chance of it fading away increases.

