

Infection Prevention & Control

Tan Tock Seng Hospital

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Department of Infection Prevention & Control

Candida auris (C. auris)



Source: CDC 2019 (Candida auris: A drug-resistant germ that spreads in healthcare facilities)

What is *Candida*?

Candida refers to a family of germs (yeasts) that is commonly found on our skin and inside certain parts of our body.

What is *Candida auris* (*C. auris*)?

Candida auris is an uncommon subspecies of *Candida* which can:

- Cause serious infections
- Be difficult to treat as it is resistant to the medicines commonly used to treat such infections
- Be difficult to identify
- Spread in healthcare facilities

How Does *C. auris* Spread?

C. auris may exist on our bodies without causing any problems. This is known as colonization. *C. auris* can spread via contact with an infected person, contaminated environmental surfaces or shared equipment.

Some people are at increased risk of getting colonized/infected with *C. auris*. These risk factors include:

- Poor immune system
- Exposure to hospital and nursing homes
- Long stay in hospital
- Devices that are inserted into a patient's body such as, ventilators (breathing machines), feeding tubes, urine tubes or intravenous tubes
- Multiple or recent exposures to broad spectrum antibiotics
- Diabetes mellitus
- Recent surgery

How is *C. auris* Treated?

If you have been identified to be colonized with *C. auris*, no treatment is necessary.

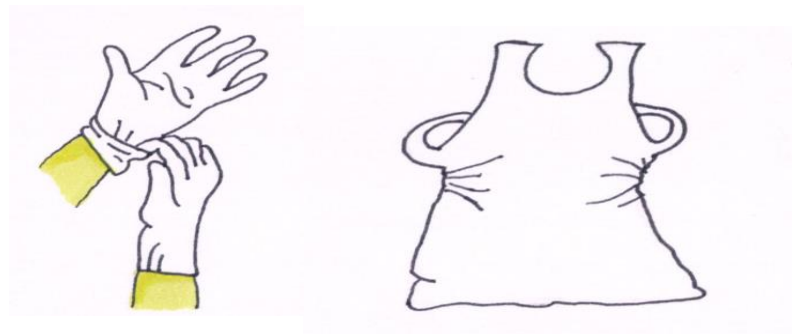
However, if you have been diagnosed with a *C. auris* infection, you will require treatment for the infection with the help of an Infectious Diseases Specialist.

What Happens When I Am Tested Positive for *C. auris*?

A hospital policy is in place for *C. auris*. If you have been found to be positive for *C. auris*:

You will be cared for in a single room/isolation room.

Healthcare professionals who care for you will be wearing an apron/a gown with gloves. This is required to prevent the spread of the germ within the hospital. This is called "Contact Precautions"



Gloves

Apron / Gown

How Long Will I Be on "Contact Precautions"?

You will be on Contact Precautions throughout your hospital stay. If you get readmitted, you will be cared for in a single room/isolation room with Contact Precautions.

At present, there are no recommended guidelines for discontinuation of Contact Precautions during hospitalisation.

Am I Allowed to Leave the Single / Isolation Room?

You should remain in the room at all times. We will arrange for you to leave the room if it is required for some tests (e.g. CXR) surgery, or other procedures.

What Can I Do to Minimise the Spread of *C. auris*?

Please keep your hands clean by washing your hands thoroughly when needed (e.g. after using the rest room).

When your loved ones visit you, please do ask them to wash their hands if they touch the hospital environment and when they leave your room.

Will I Spread the Germ to My Family Members?

The risk of healthy family members getting an infection is extremely low.

Performing good general hygiene and hand hygiene measures are sufficient for family members.

What Happens When I Return Home?

No special measures or treatments will be needed.

Continue to practise good personal hygiene and environmental hygiene at home. For example, do wash your hands thoroughly after using the restroom, after cleaning the environment, and before and after preparing food.

If you are providing additional care for your loved ones (e.g. changing wound dressing), please do wear disposable gloves. Please ensure that you have washed your hands before wearing and after removing the gloves.

As a Final Reminder:

- ✓ Good hand hygiene habits are important to prevent the spread of infection.
- ✓ All family members and visitors should wash their hands **before and after** visiting the hospital.



For More Information on *C. auris* :

Centers for Disease Control and Prevention: General Information about *Candida auris*:

<https://www.cdc.gov/fungal/candida-auris/patients-ga.html>

If you have any further questions about *C. auris*, please contact your Doctor or Nurse-in-charge.