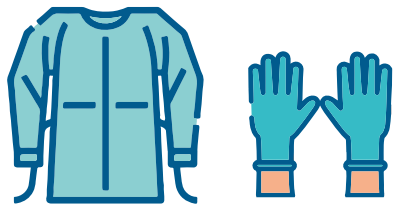


## You can help prevent the spread of *C. auris*

### If you tested positive for *C. auris*:

- Every time you get medical care, tell your doctor or nurse that you have had *C. auris*.
- Be aware that healthcare workers might wear gloves and gowns when they take care of you. This helps keep *C. auris* from spreading to other people.



- Expect all healthcare workers to wash their hands with soap and water or an alcohol-based hand rub before and after touching you, your medical equipment, or surfaces in your room. If they forget, please remind them.



- Take medication as prescribed by your doctor.



## Where can I get more information about *C. auris*?

Learn more about *C. auris* on the Centers for Disease Control and Prevention's website (<https://www.cdc.gov/candida-auris/about/index.html>).



The Virginia Department of Health also has more information on its website (<https://www.vdh.virginia.gov/epidemiology/epidemiology/epidemiology-fact-sheets/candida-auris-infection/>).



If you have any other questions, reach out to your local health department (<https://www.vdh.virginia.gov/health-department-locator/>).



Last Updated 08/2025

# CANDIDA AURIS AND YOU

The essential information for  
people living with  
*Candida auris*



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

*Candida auris* (also called *C. auris*) is a germ (fungus) that can be hard to treat with medicine. It can spread in healthcare facilities. It can cause infections in multiple parts of the body such as in the blood, urine, respiratory system, or on the skin.

## How is *C. auris* spread?

### *C. auris* can spread by:

- Touching someone who has it
- Touching things or surfaces like tables, medical equipment, or bedding that have *C. auris* on them



## Why is *C. auris* a problem?

- *C. auris* can make you very sick. You can also have it without feeling sick. That is called colonization.
- *C. auris* can live on your person's skin or in your body for months or even years.
- You can spread it even when you don't feel sick.
- *C. auris* can spread quickly from person to person or by touching contaminated surfaces. *C. auris* can live on surfaces for weeks.
- *C. auris* can cause life threatening infections. This germ may be resistant to antifungal medications, which makes it harder to treat.
- There has been an increase in *C. auris* in our community.

## Living with *C. auris* at home

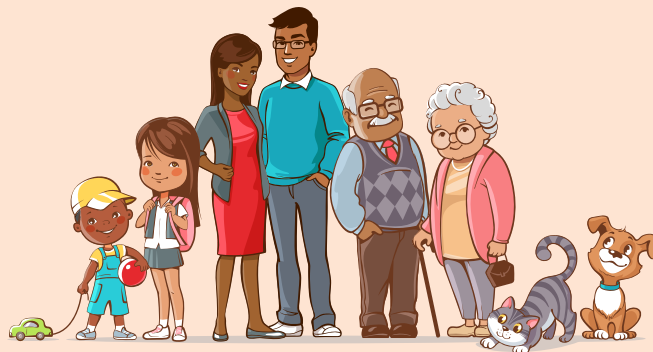
There are no special precautions needed at home once you have been discharged from a healthcare facility.

### It is important that you and your family follow good general hygiene practices:

- Always wash your hands with soap and water:
  - ➔ Before preparing or eating food
  - ➔ After using the bathroom
  - ➔ Before and after touching any wounds or medical devices you have
- Use your own towels and face cloths. Don't share these with others.
- Cover any cuts or wounds with a bandage.

### No special cleaning is required in your home:

- Wash clothes as you normally do with other laundry.
- Wash dishes and utensils as you normally do.
- You don't need to take special precautions around your pets.



## Can my family members get *C. auris*?

The risk of spreading *C. auris* to otherwise healthy family members is low, even if they have a lot of contact with you. If you have concerns about someone at home who may be at higher risk, such as an infant or someone with a weak immune system, talk to their doctor.

To keep everyone safe, follow the good general hygiene practices listed under the "Living with *C. auris* at home" part of this brochure.

### People who care for you should:

- Wash their hands or use an alcohol-based hand sanitizer before and after touching you or your medical devices (like urinary catheters or central lines). This is especially important if they care for other sick people too.
- Wear disposable gloves if they might touch your blood or body fluids.

## Do my family members need to be tested for *C. auris*?

Testing is not recommended for family members or otherwise healthy close contacts of patients with *C. auris*. In general, healthy people are not at risk for *C. auris* infection or colonization.

