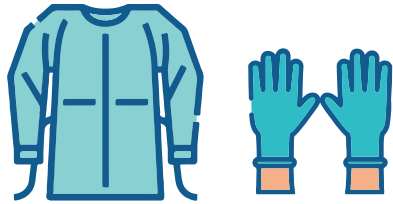## You can help prevent the spread of *C. auris*

If you tested positive for *C. auris*:

➤ Every time you seek medical care, tell your provider about your history of *C. auris* and any another drug-resistant infections.

➤ Be aware that healthcare personnel may wear gloves and gowns when caring for you. These precautions are taken in healthcare settings to reduce the chance of spreading *C. auris* to other patients.

➤ Expect all healthcare personnel 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 do not, ask them to do so.

➤ Take antifungals and antibiotics only as prescribed.

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/fungal/candida-auris/patients-qa.html).**

The Virginia Department of Health also has more information on its website **(https://www.vdh.virginia.gov/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 07/2023

CANDIDA AURIS AND <u>YOU</u>

The essential information for people living with *Candida auris*

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

Candida auris (also called *C. auris*) is a drug-resistant germ (fungus) that can spread in healthcare facilities. *C. auris* can cause infections in the body such as in the blood, urine, respiratory system, or on the skin.

How is *C. auris* spread?

There are two ways *C. auris* can spread:

➤ Direct spread: when someone has physical contact with a person who has *C. auris*

➤ Indirect spread: when someone has contact with a surface or object contaminated with *C. auris* like counters, tables, medical equipment, or linen

Why is *C. auris* a problem?

➤ *C. auris* can make you very sick or you can have it without any symptoms, which is called colonization.

➤ *C. auris* can live on a person's skin and other body sites for many months or even years.

➤ *C. auris* can spread even if you do not have symptoms.

➤ *C. auris* can spread quickly from person to person or by touching contaminated surfaces. *C. auris* can live on surfaces for several weeks.

➤ *C. auris* can cause life threatening infections and may be resistant to antifungal medications making it more difficult to treat.

➤ There has been an increase in *C. auris* in our community.
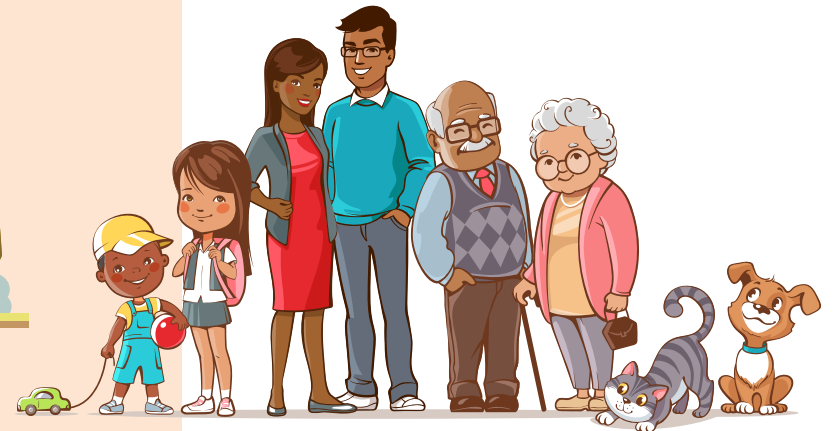
Living with *C. auris* at home?

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 that you may have

➤ Use your own towels and face cloths. Do not share these items with other people.

➤ Cover any wounds with a bandage whenever possible.

No special cleaning is required in your home:

➤ Your clothing may be washed in the usual manner, along with the rest of the household laundry.

➤ All eating utensils and dishes can be washed the way you normally do.

➤ You do not need to take special precautions around your pets.

Can my family members get *C. auris*?

Family members who are healthy probably have a low chance of *C. auris* infection.

If you have *C. auris*, family members and others caring for you should:

➤ Wash their hands before and after touching you or your medical devices.

→ Handwashing is particularly important if the caregiver is caring for more than one ill person at home.
→ Gloves should be used when contact with body fluids or blood is possible.

Who needs testing for *C. auris*?

The Virginia Department of Health does **not** recommend family members or otherwise healthy close contacts of patients with *C. auris* infection or colonization be tested for *C. auris*. In general, healthy people are not at risk of *C. auris* and do **not** need to be tested.