

## What are the key points to observe when I leave the healthcare setting?

In general, healthy people, including children and pregnant women, do not need to worry about the presence of this yeast.

- ◆ You and your close contacts should practice good hand hygiene frequently throughout the day, especially after using the toilet, before preparing or eating food, and after sneezing or blowing your nose.
- ◆ Take regular baths or showers and use your own towel.
- ◆ Weekly cleaning and disinfection of the toilet, bathtub, and shower with bleach are recommended. Common disinfectants may not be effective against *C. auris* (other specialized disinfectants may be used in healthcare facilities).
- ◆ No special precautions are needed with clothing or dishes.
- ◆ Inform your doctor or nurse that you are a carrier of *Candida auris* when you visit :
  - a hospital;
  - a local community service centre (CLSC);
  - a doctor's office;
  - a medical clinic.

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Service de prévention et contrôle des infections  
Infection Prevention and Control Service

Direction générale adjointe - Santé physique générale et spécialisée,  
de l'enseignement et de la recherche

Centre intégré  
de santé  
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## *Candida auris* (*C. auris*)



Information for  
patients, residents and their loved ones



Québec



The result of a laboratory test shows that you are carrying a yeast called *Candida auris* (*C. auris*)

## What is *C. auris*?

*Candida auris* is a yeast (fungus) that can cause serious infections. It is transmitted in healthcare facilities from patient to patient. A patient can be a carrier (colonized) on a body part without developing an infection. Colonized individuals (patients or staff members) can transmit *Candida auris* to others, and it is for this reason that additional precautions are put in place in healthcare settings.

## How is this yeast transmitted?

*C. auris* is transmitted from a carrier to a non-carrier through the immediate environment, care equipment or poorly cleaned hands.

The presence of *C. auris* is identified in a laboratory through a sample taken during an infection (e.g., urine, wound, blood, etc.), or by screening of the armpits, groin and sometimes other areas of the body.

## What is the difference between colonization and infection?

Colonization is when yeast is present without signs or symptoms of disease.

Infection occurs when yeast passes through the the body's defence system and causes illness (redness, pain, fever, etc.) requiring treatment with antifungals.

## How long will I be a carrier of this yeast?

The colonization time is variable, from several weeks to several months. The carrier's condition will be reassessed during each hospitalization by the Infection Prevention and Control Service.

## What does this mean for me?

During a stay in a healthcare facility, certain measures must be taken to protect others :

- ◆ A sign reading " Contact Precautions " will be posted on the door to your room (in a hospital).
- ◆ Staff and visitors will take the necessary precautions when entering your room. Wearing gloves and a protective gown will be mandatory (in a hospital) or based on risk (in other care facilities).
- ◆ You must stay in your room (in a hospital).
- ◆ If you need to leave your room, you must follow these recommendations :
  - It is mandatory to clean your hands with a hydroalcoholic solution (antiseptic product) before leaving your room and when returning.
  - Wear clean clothes.
  - Follow instructions from the staff.



## Why are precautions required in healthcare settings?

To prevent yeast from spreading to other users, mainly those who are impaired by disease, therefore more at risk of complications and death.

