



Candidozyma auris (C.auris)

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Version 1

> About this leaflet

The purpose of this leaflet is to provide you with information about Candidozyma auris (C. auris).

> What is C.auris?

C. auris is a type of yeast that lives on the skin and inside the body. It is a recently discovered yeast which can make you ill, and spreads easily in those who are already unwell in healthcare environments. It has been seen in patients at several hospitals in the UK.

Some people can carry C. auris without any symptoms, this is called colonisation. It means the yeast is present on the body but is not causing an infection, so it is not harmful and does not need treatment.

However, if someone carrying C. auris is in hospital, there is a risk it could enter the body or bloodstream during treatment. This could then cause an infection, which can vary in how serious it is. These may include bloodstream infections, wound infections and urinary tract infections.

> How is C.auris spread?

C. auris mainly spreads by touch. This can happen by touching a surface or object that has C. auris on it, or through close contact with someone who is carrying or infected with it.

It can be difficult to completely remove from the environment and is easy to pick up from bed linen, equipment or other people's hands.

> Testing patients for C.auris

Most people who are tested for C. auris are already in hospital or are being admitted.
You may be tested if:

- you have had an overnight stay in a hospital outside Scotland in the previous year.
- you are being transferred from a UK hospital with a known outbreak of C. auris.
- you have been in contact with someone who has C. auris.
- there is an outbreak of C. auris at the ward and/or hospital you have been admitted to.

Testing involves taking swabs from different parts of your body, such as the armpit, groin and nose.

If you are carrying C.auris

If you test positive for C. auris but you do not have signs or symptoms of infection, you are carrying C. auris, also known as colonisation. This means it is on your body but not causing infection, therefore you will not need treatment.

While in hospital, you may be cared for differently, for example, in a single room with additional infection control precautions to prevent spread.

To help reduce the risk of developing an infection or spreading C. auris to others, you should:

- Wash your hands regularly with soap and water or use alcohol-based hand sanitiser.
- Avoid touching wounds, drips or catheters.
- Tell healthcare staff if you notice any signs or symptoms of infection, such as redness, swelling or discharge around a wound, drip or catheter.

If you have a C.auris infection

C. auris can cause infection in different parts of the body. This is different from carrying it without symptoms.

If you have been diagnosed with C. auris:

- You will usually be cared for in a single room
- Infection control precautions will be in place
- You will be usually treated with antifungal medicine

After you go home

If you are carrying C. auris or have had an infection, please let healthcare staff know at any future appointment or hospital visits.

This will help staff take the right steps to prevent the spread of infection.

Preventing the spread of C.auris

Healthcare teams follow strict infection prevention measures to reduce the spread of C. auris. These include testing, isolating patients if needed, good hand hygiene, and thorough cleaning.

You can help by:

- washing your hands regularly
- avoiding touching wounds or medical equipment
- following advice from healthcare staff

Healthy people do not usually become ill from C. auris, but they can carry it and pass it to others. Visitors should clean their hands before and after visiting.

Further information

Please ask the clinical team in charge of your care if you have questions about C. auris screening.

 NotesThis image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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