



# *Candida auris*

## Description

*Candida auris* is a yeast (fungus) that has become a global health concern since its identification in 2009. In Quebec, the first case was detected in 2012.

Le *Candida auris* is not a microbe found in the normal human flora. It is therefore transmitted from one person to another and can cause infections.

A Screening or a sampling allows for detection of individuals who carry *Candida auris*, thereby enabling the necessary precautions to reduce the risk of transmission to other patients.

It is currently impossible to determine how long individuals identified with *Candida auris* remain positive for this yeast. Laboratory results can remain positive for several months, even years.

Generally, *Candida auris* does not cause infections in healthy individuals. However, if treatment is necessary, it may be prolonged.

## Modes of transmission

Transmission primarily occurs through healthcare workers when their hands come into direct contact with a person carrying the fungus during care. Subsequently, the same healthcare worker will provide care to another non-carrier patient. Finally, transmission can also occur through indirect contact with the contaminated environment of the carrier patient.

The main risk factor for contracting *Candida auris* is staying in a healthcare setting.

The patients admitted or housed are at higher risk of contracting this type of microbe when:

- Their immune system is weakened (immunosuppressed)
- They receive care that involves crossing natural barriers like the skin or mucous membranes (e.g., blood tests)
- They are known to have chronic ear infections





## Treatment

A colonized patient who has tested positive for *Candida Auris* but shows no symptoms does not require any treatment, as they do not have infection.

If the patient is infected, it means they show symptoms of infection in addition to having tested positive for *Candida Auris*. These symptoms vary depending on the location of the infection (e.g., fever, pain, redness, purulent discharge). The treatment will be determined by a doctor based on the type of infection and laboratory results. .

## Measures of prevention and control of infections

### At home

For healthy individuals, *Candida auris* does not represent a danger. No special precautions are needed when the carrier returns home, whether for dishwashing or laundry.

The most effective and simplest way to prevent transmission is regular hand washing, both for the carrier and their family members.

### Episode of care and services

It is important to inform the healthcare team if you have been notified that you have received a positive laboratory result for *Candida auris* so that they can take appropriate measures such as wearing personal protective equipment and disinfecting the environment.

Additionally, hand hygiene remains the most important measure for both healthcare and service providers, as well as for the patient and visitors.

## Notice

This information does not replace the advice of a healthcare professional. If you have any questions about your health, call Info-Santé at 811 or consult a healthcare professional.