UCSF Health

CANDIDA AURIS FREQUENTLY ASKED QUESTIONS

What is *Candida auris?*

Candida auris (*C. auris*) is a type of yeast. It can live on the skin or other parts of the body without making a person sick. This is called colonization.

In some patients, *C. auris* can cause an infection. This is more likely to happen in people who are already very sick or who are staying in the hospital. These infections can sometimes be hard to treat because *C. auris* may not respond to some antifungal medicines.

What is important to understand about *Candida auris*?

C. auris can spread quickly in health care settings, such as hospitals and skilled nursing facilities. It can spread from person to person or through surfaces that have the germ on them.

You can come into contact with *C. auris* by touching a contaminated surface or by having close contact with someone who has the germ on their body.

To help stop the spread, your care team uses steps such as hand cleaning, gowns and gloves, and careful cleaning of patient rooms and equipment.

How was I tested for *C. auris*?

You were tested for this germ by swabbing the skin in your armpits and groin. This swab was sent to the lab for a *C. auris* PCR test.

What does it mean that my test is positive?

A positive *C. auris* PCR test means that the germ was found on your skin. It does not mean you are sick with it. If you are in a hospital or other facility, like a nursing home, the facility will ask doctors and nurses to wear a gown and gloves when they see you.

Am I sick with *Candida auris* if my skin test is positive?

No. Finding *C. auris* on your skin does not mean you are sick with this germ. *C. auris* can live on the skin or in other parts of the body without causing illness.

What happens if my *C. auris* test is positive?

The hospital will place a “Contact Precautions” sign on your room door. This lets your care team know to wear a gown and gloves when they enter your room.

These steps help keep the germ from spreading to other patients.

How long do I need to stay on Contact Precautions?

Your health care team will use gowns and gloves for your entire hospital stay.

If you are admitted to UCSF Health again in the future, your care team will also use gowns and gloves. This helps protect other patients from possible spread.

Are my family/friends/visitors going to get sick with *Candida auris* because I have a positive test?

No. If you have this germ on your skin, it does not mean your family will get sick. The California Department of Public Health (CDPH) does not recommend that family members or visitors 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. You can find more information from CDPH here: https://bit.ly/cdphcandidaauris

Does my family/friend/visitor need to wear a gown and gloves when they visit me in the hospital?

No. People visiting you do not need to wear gowns and gloves during their visit because they are not entering other patient rooms in the hospital. Family members and visitors should carefully clean their hands with either an alcohol-based hand sanitizer or soap and water before visiting you and after leaving your hospital room.