

# ***Candidozyma auris (C. auris)***

This leaflet gives information about *C. auris*. If you have any questions, please speak to the staff member looking after you.

## **What is *C. auris*?**

*C. auris* is a type of yeast (fungus) that can live on your skin or inside your body. This yeast can live on or inside the body without making you unwell. This is called colonisation or carriage. It can also cause infections in places such as in the urine, wounds, bloods, or lungs. Infections with *C. auris* are harder to treat because they do not always respond to common antifungal medicines.

## **How is it spread?**

*C. auris* is mainly found in healthcare settings. It spreads through contact, for example by touching a surface or object that has *C. auris* on it, or through close contact with someone who is colonised or infected with it.

## **What are the signs and symptoms?**

There are no signs and symptoms when you are colonised with *C. auris*. If *C. auris* causes infection, signs and symptoms will depend on where the infection is. For example, you may develop a fever if the infection is in the blood. The only way to confirm infection caused by *C. auris* is through laboratory testing of a sample such as a swab, blood, or urine.

## **Who is at risk of colonisation or infection?**

You may have *C. auris* if you have recently had medical care abroad, or in a UK hospital with known cases. You are also more at risk if you have stayed in intensive or critical care, needed breathing support such as ventilation, have a weakened immune system or long-term illness, have had lots of antibiotics or antifungal medicines, or have had contact with someone who is known to have *C. auris*.

## **Do I need any tests to confirm colonisation or infection?**

Nurses will take swabs from your nose, groin, and armpit to check for *C. auris*. If you have wounds or tubes (such as catheters), these may also be swabbed.

If you are known to have had contact with someone with *C. auris*, these samples will be taken once a day for three days while you are in hospital to confirm whether you have *C. auris* or not.

## **What happens if my result is positive?**

If you are in hospital and are found to be colonised or if you have an infection caused by *C. auris*, you will be moved into a single room with your own toilet or a commode to help prevent spread to others. Staff will wear disposable gloves and a plastic apron when caring for you and will clean their hands with soap and water or alcohol hand rub. If you have an infection, you may need antifungals. If you have no symptoms and are simply colonised, no treatment is required.

## **Can I have visitors?**

Yes. *C. auris* does not usually cause illness in healthy people however they can carry it on their skin and spread it to others. Visitors should clean their hands before and after touching you or your surroundings, and again when leaving the ward. They do not need to wear gloves or aprons unless they are helping with your personal care. Visitors must sit on the chairs provided and should not sit on your bed.

## **When can I go home?**

You can go home when you are well enough to be discharged. If you have any concerns once you are home, you may contact your GP for advice.

## **What happens if I'm readmitted to hospital or attend another healthcare facility?**

If you are known to be colonised or infected with *C. auris* it is important to tell staff whenever you return to hospital or attend another healthcare facility. This helps staff take steps to prevent it spreading to others. *C. auris* can remain on the body for many years, so it is important to share this information every time you have contact with healthcare.

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## **Contact us**

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.epsom-sthelier.nhs.uk](http://www.epsom-sthelier.nhs.uk) or [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk).

## **Additional services**

### **Patient Advice and Liaison Service (PALS)**

PALS can offer you advice and information when you have comments or concerns about our services or care.

**Tel:** St Helier 020 8296 2508 / Epsom 01372 735243/ St. Georges 020 8725 2453

**Email:** ESTH [est-tr.PALS@nhs.net](mailto:est-tr.PALS@nhs.net) / St Georges [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### **NHS UK**

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

## NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.



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