

# CANDIDA AURIS

## What is *Candida auris* (*C. auris*)?

*Candida auris* is a fungus that is resistant to many antifungal medications. It is a highly contagious, potentially life-threatening pathogen that can cause infections in the blood, urinary tract and other body parts. Individuals can carry the fungus without any symptoms, meaning they can be colonized and still pass the fungus to others. It has been linked to infections and outbreaks in the healthcare setting, and *C. auris* infections are more commonly found in individuals that have a history of hospitalization or living in long-term care facilities.

## What are the symptoms of *C. auris*?

Symptoms of a *C. auris* infection depend on the infection location and severity, as well as the health status of the individual. Symptoms may present similarly to those of bacterial infections, which can include fever or chills.

There are no common symptoms specific to *C. auris* infections, so a laboratory test is the only guaranteed way to diagnose the infection.

## How does *C. auris* spread?

*C. auris* can spread through direct contact with an infected or colonized person or through contact with contaminated surfaces or equipment in health care settings. Persons with invasive medical devices, such as feeding tubes or catheters, or those on mechanical ventilation are at greater risk of infection.

## How is *C. auris* treated?

While *C. auris* infections are serious, most are treatable. Typically, treatment begins with antifungal medications. However, some strains of *C. auris* have become resistant to one or even all classes of antifungal medications, making treatment more difficult.

Strains that become resistant to medications may lead to more severe infections. In these cases, doctors generally recommend a combination of antifungal medications in high doses to eliminate the infection.

## How can *C. auris* be prevented?

Preventing individuals from becoming colonized with *C. auris* is crucial. For most people, the best way to prevent contracting and spreading *C. auris* is to wash hands frequently and regularly clean and disinfect high-touch surfaces. Currently, there is no vaccine available for *C. auris*.

Surveillance, as well as implementing infection prevention and control measures in health care settings including hospitals and long-term care homes are other key steps due to the higher risk of *C. auris* transmission in these settings.

### Sources:

Ministry of Health. (2025, January). *Ontario Public Health Standards: Requirements for Programs, Services and Accountability Infectious Disease Protocol*. Retrieved from [Appendix 1: Case Definitions and Disease-Specific Information - Disease: Candida auris](#)

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