

You are being provided with this fact sheet:

- because you or your child may have been exposed to candidiasis. If you believe your child has developed candidiasis, contact your health care provider. Notify your child care provider or preschool if a diagnosis of candidiasis is made.

 - for informational purposes only.
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What is candidiasis?

Candidiasis of the mouth and throat is a fungal infection that occurs when there is too much growth of a fungus called Candida. Candida is normally found on the skin, mouth, throat and intestinal tract of healthy people. Excessive growth of Candida on moist surfaces around the lips, inside the cheeks, and on the tongue is referred to as thrush. Additionally, Candida infections can be found in the diaper area, on nails, and in areas where the body forms folds of skin.

What are the symptoms of candidiasis?

People with candidiasis will often have white patches in the mouth. Symptoms may also include pain in the throat and difficulty swallowing or cracking and redness at the corners of the mouth. In the diaper area, there may be pink and red patches of skin that are often bordered by red pimples.

How is candidiasis spread?

Most cases of candidiasis are caused by the person's own Candida germs which normally live in the mouth or digestive tract. A person has symptoms when a person's immune system is insufficient to prevent the overgrowth of Candida.

Who is at risk for candidiasis?

This disease almost always occurs in people with an already weakened immune system or those who are taking certain antibiotics or medications. Oral thrush occurs most frequently in infants less than a month old.

How is candidiasis diagnosed?

Typically a visual assessment is enough to diagnose candidiasis. A health care provider may also take a sample and look at it under a microscope to confirm diagnosis.

How is candidiasis treated?

Candidiasis is generally treated with an antifungal medication, such as Nystatin or Clotrimazole. Symptoms, which may be uncomfortable, may persist if treatment is not sought.

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How is the spread of candidiasis reduced?

- Keep skin clean and dry.
- Change diapers frequently and reduce irritation from friction or moisture.
- Use antibiotics only as directed by a health care provider (antibiotic use can sometimes contribute to yeast infection development.)
- Follow a healthy lifestyle, including proper nutrition.
- People with diabetes should try to keep their blood sugar under tight control.

Exclude from group setting?

Children or staff with candidiasis do not need to be excluded from child care or school.

References:

American Academy of Pediatrics

- Managing Infectious Diseases in Child Care and Schools, 4th ed.

Centers for Disease Control and Prevention

- Fungal Infections: Yeast. Accessed December 2020.

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