

Prevention and Control Measures: *Cryptosporidium*

Transmission:

- *Cryptosporidium* parasites are found throughout the United States and around the world and is found in the intestine of infected humans and animals and in the soil, food, water, and surfaces that have been contaminated with poop from infected humans or animals.
- Transmission occurs when infected poop is accidentally swallowed after contaminating surfaces, water, or food.

Symptoms:

- Watery diarrhea, stomach cramps, nausea, vomiting, fever, weight loss, and/or dehydration
- Symptoms (if any) usually begin about 1 week after infection and can last 1-2 weeks. Some people may have a recurrence of symptoms after a brief period of recovery before the illness ends (up to 30days).
- People with HIV, organ transplants, cancer or on chronic steroids are at risk for more serious infection and should see their doctor if sick.

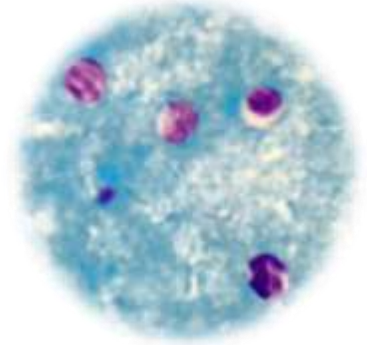
Diagnosis and Treatment:

- *Cryptosporidiosis* can be diagnosed by performing tests on stool samples.
- The primary treatments are supportive and those who are ill should see their healthcare provider.
- Ill individuals should drink lots of non-alcoholic, non-caffeinated beverages to prevent dehydration.
- Nitazoxanide is the ONLY FDA-approved treatment of diarrhea cause by *Cryptosporidiosis* and is available only by prescription.

Prevention and Control Measures:

- Basic good hand hygiene is critically important in preventing the spread of *Cryptosporidium*. Hands should be washed with soap and water for at least 20 seconds. * Alcohol-based hand sanitizers do not effectively kill *Cryptosporidium* *.
- Do not swallow the water you swim in or drink untreated water from lakes, rivers, ponds or shallow wells.
- Remove obvious contamination from any surfaces and clean according to manufacturer's instructions. Wash clothing and bedding with normal detergents in a washer / dryer.
- If you have been sick, avoid the swimming or water activities of any type (lakes, splashpads, hot tubs, pools), and preparing food at home or work for at least 2 weeks after your symptoms resolve.

For More Information: Visit cdc.gov and type [Cryptosporidiosis](#) in the SEARCH box.



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