

Cryptosporidium

WHAT IS *CRYPTOSPORIDIUM*?

Cryptosporidium is often found in water and can cause illness if you accidentally swallow it. It is highly resistant to chlorine, making it challenging to remove from water sources.

Those most at risk of serious illness:

- Older adults (aged 75 or older)
- People with weakened immune systems

HOW IS *CRYPTOSPORIDIUM* TRANSMITTED?

You can get sick if you swallow the *Cryptosporidium* parasite. This can happen by touching contaminated surfaces, changing diapers, caring for sick individuals or handling sick animals like cows or calves.

Other ways *Cryptosporidium* spreads:

- Swallowing water from sewage contaminated pools or lakes
- Eating contaminated raw food

WHAT ARE THE SYMPTOMS OF *CRYPTOSPORIDIUM* INFECTION?

Symptoms vary depending on the person infected and their own medical history. Common symptoms include:

- Watery Diarrhea
- Dehydration
- Nausea
- Vomiting
- Weight Loss
- Fever
- Abdominal Cramping

HOW DO I PREVENT *CRYPTOSPORIDIUM* INFECTION?

- Wash your hands with soap and water:
 - Before you touch food or eat
 - After you go to the bathroom or change diapers
- Use drinking water for washing hands, brushing teeth and cleaning produce
 - If safe drinking water is not available, boil the water first before using it
- Avoid swallowing water from pools, hot tubs and splash pads
- Avoid swallowing water from lakes, ponds and oceans
- Be careful during sex to avoid contact with poop



Many travelers encounter *Cryptosporidium*. Take extra caution when traveling abroad.

TREATMENT FOR *CRYPTOSPORIDIUM*

The recommended treatment consists of a combination of two antibiotics. Additionally, individuals with diarrhea should rest and drink plenty of fluids. Talk to your primary health care provider for any other questions or concerns regarding treatment.

RETURN TO WORK GUIDELINES

People who work in settings with a high risk of spreading infections, such as:

- Restaurants
- Healthcare facilities
- Daycare workers

Or children who attend daycare should wait until they have been free of symptoms for 24 hours before returning.



IF YOU BELIEVE YOU HAVE BEEN EXPOSED AND ARE SICK WITH *CRYPTOSPORIDIUM*, CONTACT YOUR PRIMARY CARE PROVIDER RIGHT AWAY!



Kentucky Public Health
Prevent. Promote. Protect.