Cryptosporidiosis (Crypto)

CRYPTO BASICS

Cryptosporidium (Crypto) is a germ that causes diarrhea.

How Crypto is Spread
It is found in fecal matter of an infected person and is spread by:
• Swallowing water that has Crypto.
• Human-to-human contact with someone who has Crypto.

Symptoms
• Watery diarrhea
• Nausea and vomiting
• Abdominal pain and cramping
• Dehydration
• Weight loss
• Fever
• Symptoms can last for 2 weeks

Crypto In Water
Infected persons can spread the disease for several weeks after diarrhea, so they should stay out of recreational waters for at least 2 weeks after diarrhea subsides and practice proper handwashing.
To Prevent Crypto...

At spray fountain, pool or water park:
• Do not swim when you have diarrhea and for two weeks after you recovered.
• Do not pee or poop in the water.
• Take a shower/bathe before going in the water.
• Wash hands with soap and water after using the bathroom, changing diapers and before eating.
• Change diapers in a bathroom and not by the pool.
• Take kids on frequent bathroom breaks and check diapers often.
• Don't swallow any water and keep it out of your mouth.

At daycare or school:
• Educate staff and parents about the outbreak, symptoms and prevention.
• Keep kids with diarrhea out of a childcare setting and school until the diarrhea has stopped.
• Keep kids with diarrhea or those diagnosed with Crypto out of water-play and swimming activities for at least 2 weeks after diarrhea has stopped.
• Practice good hygiene, especially handwashing with soap and water, scrubbing for at least 20 seconds. Crypto is not killed by alcohol gels or hand sanitizers.
• Have kids wash their hands when they first arrive, after they use the toilet, after having their diapers changed, and before eating snacks or meals.
• Keep facilities clean by disinfecting bathrooms, tabletops, desks, diaper-changing areas, toys, food surfaces and high chairs every day.

8/2016