

Cryptosporidiosis

(Cryptosporidium or "Crypto")



What is Crypto?



- Cryptosporidiosis is a gastrointestinal infection from a parasite called Cryptosporidium, or "Crypto."
- Crypto can be found mostly in water but also in food, soil, on surfaces, and on dirty hands that touched animal or human feces (poop).
- Cryptosporidium is the leading cause of waterborne disease in the U.S.
- People with weakened immune system, children, and pregnant women may have a more severe case.

Who can get Crypto?



It only takes a small amount of Cryptosporidium and anyone can become sick from Crypto.

People can get Crypto from:

- Eating uncooked food contaminated with crypto
- Drinking contaminated or untreated water
- Close contact with someone who has Crypto or their feces (poop)
- Touching surfaces contaminated with Crypto
- Exposure through sexual contact with someone who has recently recovered from Crypto
- Working with or handling cattle

Symptoms of Crypto:

Symptoms can start 2-10 days after exposure, and may last around 1-2 weeks.

Symptoms may include:

- Diarrhea
- Stomach cramps or pain
- Gas
- Nausea / Vomiting
- Fatigue
- Fever
- Loss of appetite/ weight loss



What to do if you have symptoms:



Contact your health provider if you have concerns or questions about your health, especially if you have bloody diarrhea or severe stomach cramping. They may ask you to submit a stool (poop) sample to diagnose Cryptosporidiosis.

Treatment:

Most people will recover from Crypto without treatment. However, your doctor may prescribe Nitazoxanide to treat diarrhea.

You should drink plenty of fluids to prevent dehydration.

How to decrease your chance of getting Crypto:

There is no vaccine for Crypto, the best way to decrease your chance of infection is to practice good hygiene.

-Wash your hands often, especially:

- after using the bathroom
- before, during, and after preparing food
- after touching feces (poop)
- after field work, landscaping, gardening, or handling cattle



-Make sure to cook all foods all the way.

-Wash all fruits and vegetables before eating them.

-Avoid sexual activity with those who have had diarrhea

-Avoid consuming potentially contaminated water, especially when at the pool, lake, or river.

Cleaning and Disinfection:



If you are concerned that you may have crypto, it is recommended that your household is cleaned/disinfected.

- Spray surfaces with 3% hydrogen peroxide. Allow surfaces to air-dry completely before wiping them off.
- Submerge objects in boiling water for 1 min. or 3% hydrogen peroxide for 10 min.
- Wash linens, clothing, dishwasher/dryer safe soft toys, etc. as soon as possible using laundry soap and hot water. Machine dry on the highest heat setting.

**Bleach and alcohol based products are not effective against Crypto!!