



How can Cryptosporidiosis be prevented?

- * Wash hands with soap and water after using the toilet, changing diapers, and before eating or preparing food.
- * Avoid water or food that may be contaminated.
- * Wash and/or peel all raw fruits and vegetables before eating.
- * Avoid drinking water from lakes, rivers, springs, ponds, and streams unless it has been filtered and chemically treated.
- * When traveling in countries where the water supply may be unsafe, avoid drinking tap water that has not been boiled, and avoid uncooked foods washed with tap water that has not been boiled.
- * Avoid swimming in pools for at least 2 weeks after diarrhea has stopped if you have been infected with Crypto.



Source: Centers for Disease Control and Prevention (CDC) and Oklahoma State Department of Health (OSDH)

Local Resources

For information on Cryptosporidiosis visit our website at:

<http://www.tulsa-health.org/community-health/epidemiology/>

or write:

Tulsa Health Department
Planning & Epidemiology
5051 S. 129th E. Ave.
Tulsa, OK 74134

Other Contact Information:

Phone: 918/595-4505

Fax: 918/595-4588

E-mail: epidemiology@tulsa-health.org

For more information on Cryptosporidiosis, visit:

- Oklahoma State Department of Health
(405) 271-4060
www.health.state.ok.us/program/cdd/infec.html
- Centers for Disease Control and Prevention
(888) 443-7232
<http://www.cdc.gov>



**TULSA HEALTH
DEPARTMENT**

Prepared by Planning & Epidemiology



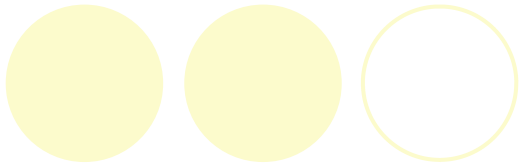
Cryptosporidiosis

Cryptosporidiosis (Crypto) is a parasitic infection that causes diarrheal illness. Crypto is recognized as one of the most common causes of waterborne disease within humans in the United States. The parasite may be found in drinking and recreational water in every region of the United States and throughout the world.

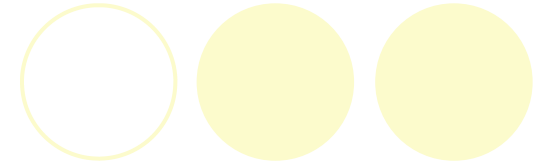


TULSA HEALTH DEPARTMENT

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Cryptosporidiosis



What is Cryptosporidiosis?

Cryptosporidium (Crypto) is a parasite that can live in the intestines of humans and animals.

The parasite has an outer shell that allows it to survive for long periods of time and makes it very resistant to chlorine disinfection.

What are the symptoms of Crypto?

- * Diarrhea (profuse and watery)
- * Stomach cramps
- * Upset stomach
- * Slight fever
- * Vomiting in small children

Some people may have little or no symptoms at all.

When do symptoms appear and how long do they last?

- * Symptoms appear 1 to 2 days after being infected.
- * Symptoms usually last 2 weeks.
- * Symptoms may occur in cycles in which you may feel better then feel worse again.
- * Relapses are common among individuals.

How is Crypto spread?

- * Swallowing anything that has come in contact with the stool of a person or animal infected with Crypto.
- * Swallowing recreational water in swimming pools, hot tubs, jacuzzis, fountains, lakes, rivers, springs, ponds, or streams contaminated with sewage or feces from humans or animals.
- * Eating uncooked food contaminated with Crypto.
- * Swallowing Crypto picked up from surfaces such as toys, bathroom fixtures, changing tables, or diaper pails that are contaminated with stool from an infected person.



Common sources where Crypto can be found.



Is there a risk for severe disease?

- * Anyone can be infected although some groups are at a higher risk for a more serious illness.
- * Young children and pregnant women are more susceptible to dehydration.
- * If the immune system is weak there is a higher risk for a more serious infection.

How is Crypto diagnosed?

A health care provider will want a stool sample submitted to test for infection. Because Crypto testing can be difficult, individuals may be asked to submit several stool specimens over several days.

Is there a treatment for Crypto?

- * There is no specific treatment. Most individuals with a healthy immune system will recover on their own.
- * Because Crypto can cause severe diarrhea, individuals need to drink plenty of fluids to avoid dehydration.
- * No completely effective drug is available for Crypto although physicians may administer fluids to combat dehydration.