



# Epi Watch



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## Disease of the Month: 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 and 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.

### 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.



TULSA HEALTH DEPARTMENT

### Special Points of Interest

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.

## TIPS: Preventing Cryptosporidiosis

There is no specific treatment for Cryptosporidiosis. Most people with a healthy immune system will recover on their own. It is recommended that individuals drink plenty of fluids to avoid dehydration due to diarrhea. To prevent Crypto, follow these easy steps:

- \* 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.

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.

- \* When traveling in countries

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## CURRENT NEWS

CDC is collaborating with public health officials in several states, the Indian Health Service, and the U.S. Food and Drug Administration (FDA) to investigate an ongoing multistate outbreak of human *Salmonella* serotype Saintpaul infections. An epidemiologic investigation conducted by the New Mexico and Texas Departments of Health and the Indian Health Service using interviews comparing foods eaten by ill and well persons has identified consumption of raw tomatoes as the likely source of the illnesses in New Mexico and Texas.

Since late April, 57 persons infected with *Salmonella* Saintpaul have been identified in Texas (24 persons) and New Mexico (33 persons). Among the 38 persons who have been interviewed, illnesses began between April 23 and May 27, 2008. At least 17 persons were hospitalized. No deaths have been reported.

In addition, 29 persons with the outbreak strain of *Salmonella* Saintpaul have been reported since mid-April in residents of AZ, CO, ID, IL, IN, KS, UT, VA and WI. For more information about *Salmonella* and the symptoms associated with it visit our website at [www.tulsa-health.org](http://www.tulsa-health.org) or visit [www.cdc.gov](http://www.cdc.gov).

The Tulsa Health Department collects Emergency Room chief complaint data to monitor the emergence of illnesses, such as influenza, in our community. For additional information on THD's county-wide surveillance system go to [www.tulsabiowatch.com](http://www.tulsabiowatch.com)

## REPORTED CASES OF SELECTED DISEASES

Disease	Tulsa County		Oklahoma	
	Cases Reported Year-to-Date 2008	Cases Reported Year-to-Date 2007	Cases Reported Year-to-Date 2008	Cases Reported Year-to-Date 2007
<i>Campylobacter</i>	20	13	104	154
<i>E. coli</i> O157:H7	0	0	4	14
<i>Giardia</i>	3	4	28	63
Hepatitis A	2	1	4	4
Hepatitis B (acute & chronic)	9	59	49	55
Hepatitis C (acute & past/present)	51	166	270	839
Rabies (Animal)	0	0	22	44
<i>Salmonella</i>	19	18	155	154
<i>Shigella</i>	14	14	43	40

As of January 2008, OSDH is no longer reporting to counties for investigation Hepatitis C cases for individuals over the age of 40 years old. Discrepancies between state and county numbers may result from cases being reported directly to the county. Also, Tulsa County totals for Hepatitis B includes perinatal cases.

## Surveillance Report

