

# CDRS

## COMMUNICABLE DISEASE FACT SHEET CRYPTOSPORIDIOSIS

Communicable Disease Reporting System

Cryptosporidiosis is a diarrheal disease caused by a parasite.

### Symptoms

- Symptoms mostly consist of watery diarrhea, abdominal cramping, and lack of appetite.
- Sometimes people will have fever, nausea, vomiting, and headache. Many people may have a mild and brief diarrhea or no symptoms at all.
- Symptoms usually appear within 1-12 days of being exposed to the parasite.

### Transmission

- Cryptosporidium can be found naturally in lakes and streams. People who drink water from streams or lakes may swallow the cysts. A cyst is the resistant form of a parasite that can survive outside of the host.
- Cryptosporidium can also spread from one person to another directly or via contaminated objects or food if the infected person does not wash hands well after going to the bathroom. When others eat food or drink fluids contaminated with these cysts, they will become infected.
- Animals can have Cryptosporidium and pass it on to people who handle or clean up after the animal or when animal feces (bowel movements) contaminate water or food supplies.
- Cryptosporidiosis can be transmitted by sexual contact

### Treatment

- Cryptosporidiosis can be identified in a stool sample.
- Alinia for Oral Suspension (patients one year of age and older) and Alinia Tablets (patients 12 years and older) are indicated for the treatment of diarrhea caused by *Cryptosporidium parvum*.

### Prevention

- Wash hands thoroughly especially after going to the bathroom or changing a diaper, before preparing meals or eating. Wash with hot, soapy water.
- Drink plenty of fluids to prevent fluid loss.
- Disinfect diapering areas, toys and cribs.
- Discourage children from putting objects in their mouths.
- If someone else develops the symptoms, the stool should be checked for cryptosporidium.
- Do not drink unpasteurized milk, dairy products, juice, or ciders
- Do not drink water directly from rivers, lakes, streams, the ocean, swimming pools, hot tubs, or Jacuzzis

**All information is general in nature and is not intended to be used as a substitute for appropriate professional advice.**

Franklin County



Board of Health

Report Disease With Ease - 24 hours a day

[www.cdrsinfo.com](http://www.cdrsinfo.com)

Columbus and Franklin County Communicable Disease Reporting System

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