



CRYPTOSPORIDIOSIS

WHAT IS CRYPTOSPORIDIOSIS?

CRYPTOSPORIDIOSIS IS AN INTESTINAL ILLNESS CAUSED BY A MICROSCOPIC PARASITE CALLED CRYPTOSPORIDIUM.

WHO GETS CRYPTOSPORIDIOSIS?

ALL PEOPLE CAN BE INFECTED WITH CRYPTOSPORIDIUM. HEALTHY PEOPLE HAVE SYMPTOMS LASTING TWO WEEKS OR LESS.

HOW IS CRYPTOSPORIDIOSIS SPREAD?

BECAUSE CRYPTOSPORIDIOSIS IS TRANSMITTED BY THE FECAL-ORAL ROUTE, THE DISEASE IS SPREAD BY INFECTED PEOPLE WHO SHED THE ORGANISM IN THEIR STOOL. IT CAN BE SPREAD BY PERSON-TO-PERSON OR ANIMAL-TO-PERSON CONTACT AND BY DRINKING INFECTED WATER.

WHAT ARE THE SYMPTOMS OF CRYPTOSPORIDIOSIS?

THE MOST COMMON SYMPTOM IS DIARRHEA, WHICH IS USUALLY WATERY. IT IS OFTEN ACCOMPANIED BY STOMACH CRAMPING. NAUSEA, VOMITING, FEVER, HEADACHE AND LOSS OF APPETITE MAY ALSO OCCUR. SOME PEOPLE INFECTED WITH CRYPTOSPORIDIUM MAY NOT BECOME ILL.

HOW LONG AFTER INFECTION DO SYMPTOMS APPEAR?

SYMPTOMS APPEAR AFTER ONE TO UP TO 12 DAYS. THE AVERAGE IS SEVEN DAYS AFTER INFECTION.

HOW IS CRYPTOSPORIDIOSIS TREATED?

THERE IS NO SPECIFIC TREATMENT FOR CRYPTOSPORIDIOSIS. HOWEVER, SOME PATIENTS MAY RESPOND TO CERTAIN MEDICATIONS. FLUIDS ARE SOMETIMES GIVEN IF DEHYDRATION OCCURS. ANTI-DIARRHEAL MEDICATIONS CAN HELP WITH DIARRHEA SYMPTOMS.

HOW CAN I AVOID GETTING CRYPTOSPORIDIOSIS?

YOU CAN MINIMIZE THE CHANCES OF GETTING AND SPREADING THE DISEASE BY THOROUGHLY WASHING YOUR HANDS AFTER USING THE TOILET OR COMING INTO CONTACT WITH FECAL MATERIAL. BECAUSE CATTLE ARE A COMMON SOURCE OF CRYPTOSPORIDIUM, DO NOT DRINK RAW MILK AND BE SURE TO WASH YOUR HANDS THOROUGHLY AFTER CONTACT WITH CATTLE OR OTHER FARM ANIMALS. AVOID DRINKING UNSAFE WATER WHEN CAMPING OR WHEN TRAVELING IN DEVELOPING COUNTRIES.