

CRYPTOSPORIDIUM

THIS PARASITE CAN INFECT BOTH HUMANS AND ANIMALS WITH **CRYPTOSPORIDIOSIS**-- A DISEASE THAT CAUSES WATERY DIARRHEA.

CRYPTOSPORIDIUM CAN BE FOUND IN

 **WATER**  **FOOD**  **SOIL**  **HANDS**  **SURFACES**

THAT HAVE BEEN **CONTAMINATED WITH THE FECES** OF INFECTED HUMANS OR ANIMALS.

SYMPTOMS GENERALLY BEGIN ~7 DAYS AFTER AN EXPOSURE. ILLNESS CAN LAST UP TO 4 WEEKS IN HEALTHY PEOPLE.

THE MOST COMMON SYMPTOM IS WATERY DIARRHEA.

NAUSEA DIARRHEA CRAMPING ABDOMINAL PAINS MALAISE

TIPS TO PREVENT THE SPREAD OF CRYPTO

WASH YOUR HANDS FREQUENTLY WITH SOAP AND WATER ESPECIALLY:


AFTER USING THE TOILET


AFTER CHANGING DIAPERS


BEFORE EATING OR PREPARING FOOD

FOR SOILED LINENS, CLOTHING AND DISHWASHER-OR DRYER-SAFE SOFT TOYS:

- FLUSH VOMIT OR FECES ON CLOTHES OR OBJECTS DOWN THE TOILET.
- WASH WITH LAUNDRY DETERGENT IN HOT WATER.
 - 113°F OR HOTTER FOR AT LEAST 20 MINS.
 - 122°F OR HOTTER FOR AT LEAST 5 MINS.
- MACHINE DRY ON HIGHEST HEAT SETTING.

FOR OTHER HOUSEHOLD OBJECTS AND SURFACES:

- REMOVE ALL VISIBLE FECES.
- CLEAN WITH SOAP AND WATER.
- LET DRY COMPLETELY FOR AT LEAST 4 HOURS.
 - IF POSSIBLE, EXPOSE TO DIRECT SUNLIGHT DURING THE 4 HOURS.