

# Cryptosporidiosis (Crypto)

# CRYPTO BASICS



**Cryptosporidium (Crypto) is a germ that causes diarrhea.**



## How Crypto is Spread

It is found in fecal matter of an infected person and is spread by:

- Swallowing water that has Crypto.
- Human-to-human contact with someone who has Crypto.



## Symptoms

- Watery diarrhea
- Nausea and vomiting
- Abdominal pain and cramping
- Dehydration
- Weight loss
- Fever
- Symptoms can last for 2 weeks



## Crypto In Water

Infected persons can spread the disease for several weeks after diarrhea, so they should **stay out of recreational waters for at least 2 weeks after diarrhea subsides and practice proper handwashing.**



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# To Prevent Crypto...



## At spray fountain, pool or water park:

- **Do not swim when you have diarrhea** and for two weeks after you recovered.
- **Do not pee or poop** in the water.
- **Take a shower/bathe** before going in the water.
- **Wash hands with soap and water** after using the bathroom, changing diapers and before eating.
- **Change diapers in a bathroom** and not by the pool.
- **Take kids on frequent bathroom breaks** and check diapers often.
- **Don't swallow any water** and keep it out of your mouth.



## At daycare or school:

- **Educate staff and parents** about the outbreak, symptoms and prevention.
- **Keep kids with diarrhea out of a childcare setting and school** until the diarrhea has stopped.
- **Keep kids with diarrhea or those diagnosed with Crypto out of water-play and swimming** activities for at least 2 weeks after diarrhea has stopped.
- **Practice good hygiene**, especially handwashing with soap and water, scrubbing for at least 20 seconds. Crypto is not killed by alcohol gels or hand sanitizers.
- **Have kids wash their hands** when they first arrive, after they use the toilet, after having their diapers changed, and before eating snacks or meals.
- **Keep facilities clean** by disinfecting bathrooms, tabletops, desks, diaper-changing areas, toys, food surfaces and high chairs every day.

