
Use Safe Food Handling Practices

Clean all utensils. Wash can openers, and surfaces that come into contact with raw and cooked foods with hot, soapy water. Wash all fruits and vegetables thoroughly.

Meats should be cooked thoroughly until their juices are clear. Reheat leftovers until they are steaming hot or to 160 degrees Fahrenheit. Follow all "use by", "sell by", and "keep refrigerated" dates. Being aware of the hazards of infection from cryptosporidiosis helps to reduce the risk of infection. This will help to limit unnecessary illness, weight loss and HIV progression.

Special Note: The incidence of cryptosporidiosis has greatly decreased in countries with access to highly active antiretroviral therapy (HAART).



Telephone the CDC AIDS Hotline at 800/342-2437 or visit their Food Safety Office web site at <http://www.cdc.gov/foodsafety> for more information on food and waterborne illness.

Protect Yourself: Facts About Cryptosporidium



Cryptosporidiosis (krîp'tÖ-spe-rîd'ê-Ö'sîs) is caused by a tiny parasite, *Cryptosporidium parvum*. There are several ways people can become infected by cryptosporidiosis.

Transmission Routes

- ◆ Drinking water and recreational water (contaminated swimming pools, hot tubs, rivers, lakes, and streams)
- ◆ Contact with contaminated fecal matter (human or animal)
- ◆ Fresh fruits and vegetables
- ◆ Foods of animal origin

Risk Profile

Minor Risk: Most people

Minimal Risk: Children, day care staff, and healthcare personnel

Increased Risk: Immunocompromised

High Risk: People with AIDS who have CD4 T-cell counts less than 200 or viral loads greater than 50,000 c/mL

Symptoms, Treatment and Recovery



Symptoms: Diarrhea, often severe and watery; stomach cramps; nausea and vomiting; low-grade fever; and headache. Symptoms may occur two to ten days after infection. Some people with HIV may not have symptoms but remain carriers.

Treatment: There is no cure for this condition. Medications such as Lomotil, Nitazoxanide (NTZ/Alinia), Paromomycin (Humatin) or Azithromycin (Zithromax) may reduce disease symptoms.

Recovery: Most persons with normal immunity recover without treatment within several weeks. Cryptosporidiosis can be life-threatening in those people with AIDS.

Measures for Risk Elimination

Drinking Water: Methods to avoid infection with cryptosporidiosis can often be expensive.

*Drinking Water
Includes Ice or
Water Used When
Brushing Your
Teeth*

Most effective and inexpensive method- Boil water for a minimum of (1) one minute.

Minimal cost- Purchase distilled water, seltzer, or water treated by reverse osmosis.



Most expensive- Purchase water filters, which produce water by reverse osmosis, using a submicron "Absolute" 1 micrometer water filter. Filters must meet the **National Sanitary Foundation Standard no. 53 for "cyst removal"**. Follow the manufacturer's instructions for filter use and replacement to avoid bacterial overgrowth. Wear plastic gloves when replacing cartridges to avoid possible oocyst contamination from the outside of filter cartridges.

More Precautionary Measures

Recreational Water: Avoid contact with contaminated rivers, lakes, streams, swimming pools or hot tubs.

Avoid Exposure to Fecal Matter: Use caution during contact with infected adults or children wearing diapers. When changing diapers, use plastic gloves. Wash your hands with soapy, warm water before and after replacing diapers.

Protect Children: Teach children to wash their hands with soapy, warm water before and after going to the bathroom.

Safe Gardening: Wear gloves when working with soil and when finished wash hands with warm, soapy water.

Avoid Unnecessary Exposure: Do not bring home stray animals, pets less than six months old, or pets with diarrhea.

Practice Safe Sex: Use precautions if you are sexually active.