



Highlights: Facts about Cryptosporidiosis



This fact sheet is about Cryptosporidiosis (Crypto). It is a tiny bug (parasite) that makes people sick. You can use these tips to avoid illness from Crypto. This helps limit weight loss and the growth of HIV.

Ways people get Crypto



There are many ways people get sick from Crypto. It can be in:

- Unsafe drinking water
- swimming pools, hot tubs, rivers, lakes, and streams
- fecal matter from humans or animals
- the outside of fresh fruit and vegetables
- animal foods such as meat

Those at high risk of Crypto are: • kids in day care centers • day care workers • health care workers • people with cancer, HIV or AIDS

Crypto Symptoms

Some people may not have symptoms but can still infect others.

Treatment

There is no cure for Crypto. Most people get better after a few weeks. Crypto can make people with HIV or AIDS very sick. Some medicines can help people to feel better.

If you feel hot, have loose stools, a headache, and vomiting, you could have Crypto.

Lower the Risk

It can cost money to lower your risk of getting Crypto.

Drinking Water:

- ◆ *Most effective and cheapest*– Boil water for one to three minutes.
- ◆ *Low cost*– Buy spring water or purified water.
- ◆ *Most expensive*– Get water filters that are certified by the NSF. They must meet the NSF Standard number 53 for "cyst removal". Wear plastic gloves when changing the filters.



Highlights: Facts about Cryptosporidiosis



Lower the Risk

Recreational Water: Do **not** go into water unless you know it is safe from Crypto. This includes rivers, lakes, streams, swimming pools or hot tubs.

Fecal Matter: Put on plastic gloves when changing diapers. Use soap and water to wash hands before and after changing diapers. Teach kids to wash their hands with soap and water before and after bathroom trips. Do **not** care for animals with loose stools. Do **not** bring home pets less than six months old. Have safe sex if you are sexually active.

WASH VEGETABLES AND FRUIT WITH CLEAN SAFE WATER Dirt and Gardening: Wear gloves when working with dirt. Wash hands with soapy, warm water when finished.

Food Safety: Wash vegetables and fruit with clean safe water. Cook meats until well done. Reheat food until it is steaming hot. Keep utensils and food surfaces clean. Use hot, soapy water to wash them. Read food labels. Never buy foods past the "sell by" date listed on the label. Never eat foods after the "use by" date. Follow the foods "keep refrigerated" date.

Crypto Safety Tips Review

- ◆ Read food labels.
- ◆ Avoid water that is not safe. Boil drinking water for one to three minutes.
- ◆ Wear gloves when changing diapers or working with dirt. Wash hands during the day with soap and water. Do **not** care for animals with loose stools. Do **not** have pets less than six months old.
- ◆ Wash vegetables and fruit with clean safe water. Cook meats until well done. Reheat food until it is steaming hot. Keep utensils and food surfaces clean.



Contact these sources to learn more about Crypto.

* *CDC AIDS Hotline* 800/342-2437

* Food Safety Office www.cdc.gov/foodsafety

Drinking Water Includes Ice or Water Used When Brushing Your Teeth