



Cryptosporidiosis

Cryptosporidiosis is an infection of the intestines caused by a parasite.

If you think your child has cryptosporidiosis:

- Tell your childcare provider or call the school.
- **Keep your child home from childcare** until 24 hours after diarrhea has stopped.
- School aged children do not need to stay home, unless they are not feeling well and/or have diarrhea and need to use the bathroom frequently.
- Anyone with cryptosporidiosis should not go in lakes, pools, splash pads, water parks, or hot tubs until 2 weeks after diarrhea has stopped.
- For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or your local health department.

Parent/Guardian information

Symptoms

Your child may have watery diarrhea, vomiting, and fever. Your child may not be hungry or may complain about stomach pain. Illness may last 6 to 14 days.

If your child is infected, it may take 1 to 14 days for symptoms to start.

Spread

- By eating or drinking contaminated food, beverages, or recreational water (lakes, pools, splash pads, etc.)
- By touching hands, objects, or surfaces contaminated with stool.
- By handling infected pets or farm animals (especially cattle).

Contagious period

The illness can spread as long as *Cryptosporidium* parasites are in the stool. This may be up to 4 weeks or longer.

Call your health care provider

- If anyone in your home has symptoms. There is a medical test to detect the parasite.
- Most people get better without any treatment. Staying hydrated will help in recovery. Your doctor will decide if you need further treatment.

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Prevention

- Wash hands after using the toilet and changing diapers. Wash hands before preparing food or eating. Your child may need help with handwashing.
- Wash hands after touching pets or farm animals (especially cattle).
- Clean and disinfect any objects that come in contact with stool. This includes toilets, potty chairs, sinks, toys, and diaper changing areas. Bleach will not work against cryptosporidiosis. Cleaning surfaces by scrubbing with soap or a detergent and water will help reduce germs.
- Avoid swallowing water when in lakes, pools, splash pads, water parks, or hot tubs.

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