

# CRYPTOSPORIDIOSIS PARENT FACT SHEET

## PARENT/GUARDIAN

Your child may have been exposed to: 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.

**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 pets or farm animals (especially cattle).

## Contagious period

The illness can spread as long as *Cryptosporidium* parasites are in the stool. This may be 2 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. Your doctor will decide if you need treatment.

## 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

**For more information, please contact your local health department.**

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

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