

Facts About Crypto

- “Crypto” is short for cryptosporidiosis.
- Cryptosporidiosis is a diarrheal disease caused by microscopic parasites.
- Swallowing recreational water that is contaminated with crypto is a common way that crypto is spread. Recreational waters include: swimming pools, hot tubs, jacuzzis, fountains, lakes, rivers, springs, ponds, or streams. Recreational water can become contaminated with crypto when human/animal fecal material or raw sewage get into the water.
- The most common symptom of crypto is watery diarrhea that can last for two weeks, or longer. Other symptoms include: dehydration, weight-loss, stomach cramps and pain, fever, nausea, and vomiting.
- Symptoms of crypto begin 2-10 days (average is 7 days) after infection.
- Crypto is very contagious. Wash your hands with soap and water after using the toilet, changing diapers, and before eating or preparing food. Do not swim in recreational water for at least 2 weeks after diarrhea has stopped.

For More Information

Contact

The Utah Department of Health
Bureau of Epidemiology
(801) 538-6191
<http://health.utah.gov/epi/>

or

Your Local Health Department
<http://health.utah.gov/lhd/>



Healthy Swimming

How to Protect Yourself
and Your Family from Getting
Sick at the Pool



Preventing the Spread
of
Cryptosporidiosis

Keep it Clean

Pool water is shared by everyone in the swimming pool!

Germs such as cryptosporidiosis can spread quickly in any size pool. The most common cause of spreading cryptosporidiosis in the pool is diarrhea. Even tiny amounts of fecal matter left on a person's bottom after using the toilet can be rinsed off in the pool water as the person swims.

Just one diarrheal accident can contain hundreds of millions to billions of germs.

Report all fecal accidents to pool staff immediately.

The chlorine in pool water won't kill germs immediately; it takes time to work. Cryptosporidiosis germs can live in the chlorinated water for several days.

If contaminated water is swallowed by other swimmers, they can easily become infected and ill.

Being infected with cryptosporidiosis is not fun. Do your part to keep the pool clean.



Please Prevent Crypto in the Pool

Without Your Help Even the Best-Maintained Pools Can Spread Illness!

Please do not swim when you have diarrhea. Wait 2 weeks after your diarrhea has stopped to go swimming. A diaper will not stop diarrhea from getting in the water, so if your baby or toddler has diarrhea, do not take them swimming.

Please do not swallow pool water. Avoid getting water in your mouth.

Please practice good hygiene. Take a shower before swimming (be sure to clean the area below the waist especially well) and wash your hands after using the toilet or changing diapers. Germs on your body end up in the pool water.

Please take your kids for bathroom breaks and check diapers often. Waiting to hear "I have to go to the bathroom" may mean it is too late.

Please change diapers in the bathroom and not at the poolside. Germs on surfaces or objects around the pool can be spread to the water.

Please wash your child (especially the rear end) and yourself thoroughly with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that eventually will end up in the pool if not washed off before getting into the pool.

