Facts About Crypto

- "Crypto" is short for cryptosporidiosis.
- Crypto is a diarrheal disease caused by a microscopic parasite.
- 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.
- Symptoms of crypto begin 2-10 days (average is 7 days) after infectedion.
- 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.
- Crypto can cause serious disease in young children or those with a weakened immune system.
- Crypto is very contagious. Wash your hands with soap and water after using the toilet and changing diapers.

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/

UTAH PUBLIC HEALTH
Its for Everybody, Everywhere, Everyday

Healthy Swimming

Information about waterproof swim pants and swim diapers

Preventing the Spread of Cryptosporidiosis

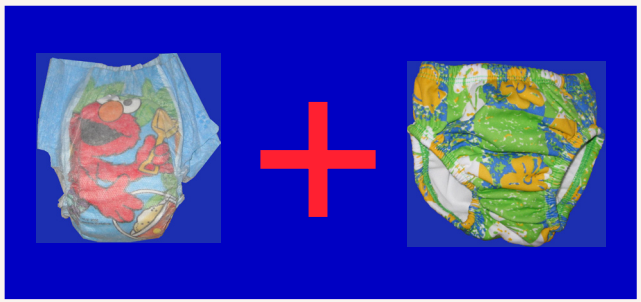
State Pool Rule

R392-302-30. Supervision of Bathers

Waterproof Swimwear and Swim Diaper Requirements:

Any child under three years old, any child not toilet trained, and anyone who lacks control of defecation shall wear a water resistant swim diaper and waterproof swimwear. Swim diapers and waterproof swimwear shall have waist and leg openings fitted such that they are in contact with the waist and leg around the entire circumference.

Pool Rule R392-302. Can be found online at: < www.rules.utah.gov/main/ >



Proper Diaper Hygiene for Preventing Crypto in the Pool

- Do not take your child swimming if he or she has diarrhea. A diaper (no matter how good) will not stop diarrhea from getting into the water.
- Wait two weeks after diarrhea has stopped to go swimming.
- While swimming, check and change your child's diaper often.
- Change diapers in the bathroom and not at the poolside.
- Wash your child's bottom with soap and water after a diaper change.
- Wash your hands with soap and water after changing a diaper.
- The waterpoof swimwear should completely cover the water resistant swim diaper worn underneath.
- Waterproof swimwear should fit snuggly around the child's waist and legs.

Correctly Fitted

Exposed Swim Diaper

Loose Around the Leg