Facts About Crypto

- “Crypto” is short for cryptosporidiosis.
- Crypto is a diarrheal disease caused by very small germs called parasites.
- Swallowing recreational water that is polluted 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 infection.
- 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 illness in young children or those with a weakened immune system.
- Crypto is very contagious. Always wash your hands with soap and water after using the toilet and changing diapers.

Contact:
Utah Department of Health
Bureau of Epidemiology
801-538-6191
http://health.utah.gov/epi/
or
Your local health department
http://www.ualhd.org/index.html

Healthy Swimming

Information about waterproof swim pants and swim diapers

Preventing the Spread of Cryptosporidiosis
Swim Diaper Fit

Exposed Swim Diaper

Correctly Fitted

Proper Diaper Hygiene for Preventing Crypto in the Pool

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.”

State Pool Rule


- 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. Do not change diapers 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.
- Make sure the waterproof swimwear completely covers the water resistant swim diaper worn underneath.
- Make sure the waterproof swimwear fits snugly around the child’s waist and legs.