



Main Symptoms

Diarrhoea , vomiting, abdominal pain and loss of appetite. About 50% of patients also have headache, malaise, aching muscles and fever.

Incubation Period (Time between infection and onset of symptoms)

Usually 7 to 14 days (could be 1 to 21 days).

Duration of Illness

May last 5 to 6 weeks.

Where Cryptosporidium are found

The parasitic protozoa are found in cattle and other domestic and wild animals, or contaminated water.

How You May Become Infected

- By consuming contaminated water – where faeces from an infected animal contaminates a water supply and the organism survives in the water, and the water treatment system fails to remove it. This is uncommon in public water supplies, but may be more common in private water supplies, springs, streams and water abroad.
- By contact with contaminated recreational water - where faeces from an infected animal or person contaminate water, for example a swimming pool, and some of this water is ingested.
- By contact with farm animals – where hands become contaminated and organisms transferred to the mouth directly or via food.
- By person to person spread via the faecal-oral route.

How to Prevent Cryptosporidiosis

- Only drink water from reputable supplies or sources
- People whose immunity is impaired to such an extent that they are at ongoing risk of infections, e.g. HIV and renal dialysis patients, are advised to avoid unboiled water from the tap, bottle or any other source.
- Avoid direct contact with farm animals.
- If you have been in contact with farm animals, sick animals or visiting farms ensure you maintain a high standard of personal hygiene.
- Wash your hands thoroughly after contact with animals.
- Clean or change footwear before leaving farms, remembering to wash hands after any contact with animal faeces on footwear.
- In order to prevent person to person spread ensure hands are washed thoroughly after visiting the toilet.

*For further advice contact:-* Environmental Health, Clackmannanshire Council, Kilncraigs, Greenside Street, Alloa (Tel. 01259 452534/452541)