

# Clinical information - Cryptosporidium

## Incubation period/onset time

Average 7-10 days; range 1-28 days\*

## Common clinical features

Watery or mucoid diarrhoea.

## Reservoir

Gastrointestinal tract of man and animals, particularly farm and other domesticated animals. Water contaminated with faeces.

## Transmission

Contact with infected animals. Outbreaks have been associated with public water supplies and contaminated food. Seasonal outbreaks are associated with farm visits to feed and handle lambs. Person to person spread, particularly in households and nurseries. Infection through swimming pools has been reported.

## Duration

Up to 3 weeks

## Control whilst you or a member of your family has symptoms

Take extra care with your hygiene and in particular wash hands thoroughly;

- after using the toilet
- before and after handling food especially foods which are not going to be cooked again, eg cooked ham
- before eating, feeding others and preparing foods for others
- after changing dirty nappies and soiled clothing

Whilst symptoms persist it is important to maintain high standards of hygiene.

## Exclusion

Until 48 hours after normal stool and symptom free, cases should avoid using swimming pools for two weeks after the first normal stool.

\*Hawker J, Begg N, Blair I, Rientjes R, Weinberg J. *Communicable Disease Control Handbook*. Oxford: Blackwell Science Ltd, 2001.

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