

Communicable Disease Bulletin

Summer fun: Taking the Plunge

Giardiasis & Cryptosporidiosis

Summer Edition 2012



Public Health
Prevent. Promote. Protect.



401 Division St,
P.O. BOX 4009
Rockford, IL 61110-0509
Fax: 815-962-5161

Kara Biery, M.S.
Disease Control Supervisor
Phone: 815-720-4063

E-mail: kbiery@wchd.org

Dee Dunnett, M.S.
Director

Phone: 815-720-4063
E-mail: ddunnett@wchd.org

Patty Russell, RN, Public Health Nurse
Phone: 815-720-4076
E-mail: prussell@wchd.org

WCHD Mission Statement:

To prevent disease, promote health and enlist the community in efforts to improve the health of all Winnebago County residents.

Summer fun for many includes recreating at public swimming pools and water parks or accessing one of the many lakes and rivers in the area. In this edition we feature two common Recreational Water Infections (RWIs): Giardiasis and Cryptosporidiosis.

RECREATIONAL WATER INFECTIONS

In the United States, an estimated 360 million visits to recreational water venues such as pools, water parks and spas are made yearly. Public perception is often that swimming pools and spas are safe and uncontaminated due to chlorination of the water. As water sport venues increases in public appeal, so too does the increased risk of contracting a RWI. Increased problem awareness, prompt response to fecal accidents and proper water quality maintenance are important in the prevention of RWIs. Cryptosporidium, Giardia, Shigella, and Escherichia coli O157:H7 are some of the waterborne pathogens that can make people ill. Many of the waterborne pathogens can be easily killed by chlorine or other disinfectants if present at sufficient levels to protect swimmers.

CRYPTOSPORIDIOSIS

{Crypto} is a parasitic disease caused by a protozoan parasite known as **Cryptosporidium**. Crypto lives in the intestine of infected humans and animals. The parasites are shed in the stool of the infected person/animal. The shedding begins once the symptoms begin and can last for weeks. Symptoms include abdominal cramping, watery diarrhea, nausea, vomiting, fatigue, weight loss and low grade fever.

Infection from Crypto is through contaminated soil, uncooked or contaminated food or water. Contact with the parasite must then be transferred to the mouth and swallowed. It is prevalent in people who have regular contact with bodies of fresh water including swimming pools. Treatment is primarily supportive. Fluids need to be replaced orally. A lactose-

free diet should be taken as tolerated.

Protection from contamination with crypto includes:

- Wash hands after handling pets and other animals



- Wash hands before handling food or preparing meals
- Wash hands after changing diapers
- Wash produce well before eating
- Avoid unpasteurized milk and milk products
- Follow "safer sex" guidelines as this may be sexually transmitted
- Avoid drinking water directly from rivers



Recreational Water Infections continued...

GIARDIASIS

Giardia is an intestinal parasite caused by *Giardia lamblia*. It is also known as **beaver fever**, because humans and mammals including small aquatic mammals like beavers and muskrats harbor the water-borne *Giardia* cysts. Symptoms begin 7-10 days after exposure and include diarrhea, stomach cramps, bloating and gas. *Giardia* occurs worldwide and is common for international travelers, especially those visiting Mexico, Southeast Asia, western South America, Russia and CIS (Commonwealth of Independent States). Most transmission occurs by direct person-to-person contact in households where a case has occurred and is shared among children in neighborhood groups, preschools and day-care centers. Infection may also occur among backpackers and hikers who drink from untreated water sources.

Giardia is treatable with three different prescription regimens. A physician must be consulted in order to receive medication.

Giardia prevention:

- Wash hands after using bathroom
- Wash hands after handling diapers
- Wash hands before fixing food or drink



- Wash hands before eating
- Keep children with diarrhea out of swimming pools
- Have diapered children use wading pools or wear tight fitting diaper covers



- Maintain swimming pools through proper disinfection and filtration
- Monitor pools for fecal accidents and react to situation on an immediate basis

CDC's PLEAs

PLEASE don't swim when you have diarrhea, especially children in diapers

PLEASE don't swallow pool water

PLEASE practice good hygiene

PLEASE take your children on bathroom breaks often. Use "leak proof" swimsuits or swim diapers

PLEASE change diapers in the bathroom and not poolside

PLEASE wash your child thoroughly with soap and water after diaper changing before returning to the pool



Communicable Disease Statistics

| Disease Type | 2011 | 2012* | Disease Type | 2011 | 2012* |
|--------------------------------|------|-------|---------------------------------|------|-------|
| Chickenpox | 24 | 30 | Hepatitis C-chronic | 240 | 104 |
| Cryptosporidiosis | 5 | 3 | Histoplasmosis | 0 | 0 |
| Ehrlichiosis | 2 | 0 | Lyme disease | 23 | 8 |
| Enteric e. coli | 17 | 0 | Neisseria Meningitis | 4 | 0 |
| Giardiasis | 17 | 6 | Pertussis (whooping cough) | 35 | 5 |
| Haemophilus Influenzae, inv. | 2 | 2 | Potential Human Rabies Exposure | 3 | 2 |
| Hepatitis A | 5 | 3 | Rubella | 0 | 2 |
| Hepatitis B-acute | 5 | 3 | Salmonellosis | 54 | 23 |
| Hepatitis B-chronic | 39 | 11 | Shigellosis | 5 | 0 |
| *Preliminary year to date data | | | West Nile Virus | 1 | 0 |