

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

Language, Interpretation and Patient Support Service (LIPS):

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm** on **0161 922 6991** to arrange this for you. Further information can be found on the Trust public website <https://www.tamesidehospital.nhs.uk/patients/lips.htm>

語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem **0161 922 6991**.

لینگویج، انٹریپٹیشن اینڈ پیسینٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بکنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

Help us to help you It is important that we keep your records up-to-date. If the information about you is incorrect, we may be unable to contact you should we need to inform you about any changes to your appointment. Therefore, if you change your GP/Dentist, address or telephone number, please contact us as soon as possible. Please provide a mobile number where possible as we operate an appointment reminder service via text message.

Author:	Infection Prevention Team
Division:	Specialist Nursing
Version No:	4.0
Ref No:	IC015
Created:	June 2003
Next last reviewed:	June 2020
Next review date:	June 2022

NHS

Tameside and Glossop Integrated Care NHS Foundation Trust



Cryptosporidiosis Patient Information Leaflet

WHAT IS IT?

Cryptosporidiosis is an illness caused by a germ called Cryptosporidium. It is a parasite that can live in the intestines of humans and animals. The parasite is protected by an outer shell that allows it to survive outside the body for long periods of time and makes it very resistant to chlorine disinfection.



WHAT ARE THE SYMPTOMS OF CRYPTOSPORIDIOSIS?

Symptoms include diarrhoea, loose or watery stool, stomach cramps, upset stomach, and a slight fever. Some people have no symptoms.

HOW LONG AFTER INFECTION DO SYMPTOMS APPEAR?

Symptoms generally begin 2 –10 days after being infected.

HOW LONG WILL THE SYMPTOMS LAST?

The illness usually lasts about ten days. People with poor immunity or other chronic conditions can be affected for longer.

HOW IS IT TRANSMITTED?

- From someone who is ill and carrying the germ. The illness spreads more easily among children because they are less likely to practice good hand hygiene after using the toilet.
- From farm animals, especially sheep and cow's waste products or from soil.
- From unpasteurised milk.
- When swimming in contaminated water
- From drinking water which contains the germ. It is very rarely found in ordinary tap water.

HOW TO AVOID INFECTION

- Always wash hands after going to the toilet (and/or after changing a nappy) and before eating ensure that you dry your hands properly.
- Always wash your hands after handling/petting farm animals and before eating or drinking.
- If you are out in the countryside, do not drink water from a stream without boiling it first.
- When travelling in countries where the water supply may be unsafe, avoid drinking un-boiled tap water and avoid uncooked foods washed with un-boiled tap water.

WHAT IS THE TREATMENT?

If you have diarrhoea you must drink plenty of fluids. You are advised to eat as normally as possible. There is no antibiotic that works against *Cryptosporidium*.

WHILE YOU ARE ILL

- Avoid preparing food for other people.
- Make sure everyone at home has their own towel.
- Clean toilet seats, flush handles, door handles and taps frequently.

- Soiled clothes should be laundered separately to other on as hot a wash as possible. Do not overfill your washing machine or it will not clean them properly.
- Avoid swimming in pools if you have cryptosporidiosis and for at least 2 weeks after diarrhoea stops. You can pass cryptosporidiosis in your stool and contaminate water for several weeks after you no longer have symptoms. This has resulted in several outbreaks among pool users. Cryptosporidiosis can survive in chlorinated pools for several days.
- Wash your hands frequently, especially before preparing food and after going to the toilet. You should also avoid close contact with anyone who has a weakened immune system.
- You should stay away from work or school at least until your diarrhoea has stopped for 48 hours.

WASHING HANDS IS THE MOST EFFECTIVE MEANS OF PREVENTING CRYPTOSPORIDIOSIS TRANSMISSION

Pay more attention to hand hygiene when in the countryside, at petting zoos or farms, carry hand wipe as a minimum.

REFERENCE

Public Health England Website <https://www.gov.uk/topic/health-protection/infectious-diseases>

If you have any questions you want to ask, you can use this space below to remind you.