

## **FLOYD COUNTY PUBLIC HEALTH/HOME HEALTH CARE**

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**SUMMER IS COMING!**



### **WHAT YOU NEED TO KNOW ABOUT CRYPTO!**

#### What is Crypto?

Crypto (Cryptosporidium) is a germ that cause diarrhea, is found in infected people's stool and cannot be seen by the naked eye. This germ is protected by an outer shell that allows it to survive for long periods of time and makes it resistant to chlorine disinfection found in pools.

#### How is Crypto spread at aquatic facilities?

Crypto is not spread by contact with blood. Crypto can be spread:

- By swallowing recreational water contaminated with Crypto. Recreational water is water from swimming pools, hot tubs, Jacuzzis, fountains, lakes, rivers, springs, ponds, or streams that can be contaminated with sewage or feces from humans or animals.
- By putting something into your mouth that has come into contact with feces of person or animal infected with Crypto.
- By swallowing Crypto picked up from surfaces (such as bathroom fixtures, changing tables, toys).

#### How do I protect myself and my family?

1. Please DON'T swim when you have diarrhea
2. Please don't swallow the pool water
3. Please wash your hands after using the toilet or changing diapers
4. Please take your kids on bathroom breaks or check diapers often
5. Please take a shower and/or wash your child thoroughly (especially the rear end) with soap and water before swimming.

If you would like more information on Crypto please call the Floyd County Public Health at 641-257-6111.