

# Cryptosporidiosis – information for whānau

## Keep you and your whānau safe from crypto / gastro illness

Crypto (Cryptosporidiosis) is a parasite that infects the terotero/gut and can cause serious illness for you and your whānau.

**People can become ill after eating or drinking something which contains crypto cysts (eggs) which passes through their faeces (poo). Possible sources are:**

- Drinking untreated water from rivers, streams, shallow wells or roof rainwater.
- Swimming pools or water parks, which have been contaminated.
- Your hands after changing nappies or handling animals, birds, etc.
- Children can become ill by sucking toys or other objects that have been contaminated.

## Symptoms

- Watery diarrhoea and stomach cramps.
- Lack of appetite/weight loss.
- Fever.
- Nausea.
- Vomiting.

**Have any of these symptoms? Contact your doctor, local hauora provider or call Healthline on 0800 611 116 for advice.** Your doctor will arrange a test which will confirm whether you have crypto.

## Tips to keep you and your whānau safe from crypto

**Boil water for at least one minute before use.** Check with your local council if you need boil water for:

- Drinking.
- Food preparation.
- Washing food utensils.
- Brushing teeth.
- Pets.

**Always wash your hands with soap and water (hand sanitiser doesn't kill crypto) and dry hands thoroughly, especially:**

- After going to the toilet.
- Changing a child's nappy.
- Before and after preparing any food.
- Touching animals or animal poo.
- Handling soil, compost or manure.

**Preparing kai:**

- Always thoroughly cook pork, chicken and mince beef products (until the juices run clear).
- Keep raw meat separate from ready to eat foods during storage and preparation.
- Wash chopping boards and any other utensils thoroughly after preparing kai, especially raw meat.
- Wash fruit and vegetables with cooled boiled water before eating.
- Gathering kai such as watercress, puha and kaimoana from rivers and streams may contain bacteria and parasites, so are considered high risk. This kai should be washed well with cooled boiled water and/or cooked.
- Kaimoana should be thoroughly cooked before eating.

## What should I do if me or my whānau have crypto?

- Drink plenty of fluids.
- Stay home until you/your whānau are symptom free for at least 48 hours.
- Do not use swimming pools or hot tubs for at least 2 weeks after symptoms stop.
- Wash and dry hands regularly.
- Disinfect toilets regularly.
- Use your own towel – don't share towels.
- If possible, avoid preparing kai for others until 48 hours after symptoms stop.
- Bathe separately or bathe sick tamariki after bathing others.

**If you or your tamariki are māuiui and have any of the symptoms, please seek medical advice immediately from your doctor, local hauora provider or call Healthline on 0800 611 116.**