



Cryptosporidiosis in Recreational Waters

Cryptosporidiosis (Crypto), caused by the parasite *Cryptosporidium*, is one of the leading causes of recreational water illness in the United States. *Cryptosporidium* is resistant to chlorine disinfection and the small size reduces the effectiveness of water filtration systems. The transmission of Crypto peaks in late summer/early fall, which coincides with the recreational water season.



Photo from: CNIC: Naval Air Station Joint Reserve Base Fort Worth

Infection

Symptoms of Crypto generally begin within 2 to 10 days. The most common symptom is watery diarrhea, which can last 2 to 3 weeks. Other symptoms include stomach cramps, nausea, vomiting, fever, and weight loss. It is a reportable medical event and should be report in accordance with the [BUMEDINST 6220.12 series](#).

There have been 46 reported cases of Cryptosporidiosis in the Navy and Marine Corps since 2010. Although no cases have been directly linked to a swimming pool or other swimming venues, recreational waters serve as a potential source of infection.

Prevention

At recreational water facilities early intervention is the best strategy. Crypto may be controlled by both environmental and behavioral interventions.

- Aquatics operators and managers should:
 - establish, implement, and enforce diarrhea-exclusion policies for patrons and staff.
 - develop a [fecal incident response plan](#) and train your staff on the response procedures - all diarrheal incidents are considered potential high-risk Crypto events.
- Installation medical treatment facility:
 - establish good communication and a strong working relationship with the aquatics operators and managers to ensure appropriate and timely response to crypto outbreak concerns.
- Patrons of recreational water venues should:
 - avoid swallowing water at recreational water facilities.
 - protect others by not swimming if experiencing diarrhea (especially children in diapers).
 - wash children thoroughly with soap and water after diaper changing or toilet use.
 - take children on frequent bathroom breaks and check their diapers often. Diapers should be changed in the bathroom, not at the poolside.

❖ Adapted from the CDC's Cryptosporidiosis Outbreak Response and Evaluation available from: http://www.cdc.gov/parasites/crypto/resources/core_guidelines.pdf

For more information, resources and tools on recreational waters:

- ▶ Visit <http://www.med.navy.mil/sites/nmcphc/program-and-policy-support/swimming-pools-and-bathing-places/Pages/default.aspx>
- ▶ Contact your local Military Treatment Facility's Preventive Medicine office

