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Oklahoma City-County Health Reminds Residents About Crypto

Oklahoma City, Okla. – Oklahoma City-County Health Department (OCCHD) advises residents about *Cryptosporidium* parasites (Crypto) which live in the intestine of infected humans or animals.

According to the CDC, Crypto can be found in soil, food, water, or surfaces that have been contaminated with feces from infected humans or animals.

Crypto can be spread:

- By putting something in your mouth or accidentally swallowing something that has come in contact with the stool of a person or infected animal.

- Swallowing contaminated recreational water that contains sewage or feces.
- Eating undercooked food contaminated with Crypto. All fruits and vegetables you plan to eat raw should be thoroughly washed with uncontaminated water.
- Touching you mouth with contaminated hands. Especially after changing diapers or caring for an infected person.

Symptoms include:

- Watery diarrhea
- Stomach pain
- Dehydration
- Nausea
- Vomiting
- Fever
- Weight loss
- Such symptoms can last 1 to 2 weeks

To help protect yourself and other swimmers from germs, here are a few easy and effective steps all swimmers can take each time we swim:

- Stay out of the water if you have diarrhea.
- Shower before you get in the water.
- Don't pee or poop in the water.
- Don't swallow the water.

Every hour—everyone out!

- Take kids on bathroom breaks.
- Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.
- Reapply sunscreen.
- Drink plenty of fluids.

Check the free chlorine level and pH before getting into the water.

- Pools: Proper free chlorine level (1–3 mg/L or parts per million [ppm]) and pH (7.2–7.8) maximize germ-killing power.
- Hot tubs/spas: Proper disinfectant level (chlorine [2–4 parts per million or ppm] or bromine [4–6 ppm] and pH [7.2–7.8]) maximize germ-killing power.
- Most superstores, hardware stores, and pool-supply stores sell pool test strips.

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