



What is Giardia?

- A diarrheal illness caused by the parasite *Giardia intestinalis*, which can be found in contaminated water sources. It can also be spread person-to-person.

What are symptoms that could occur?

- Fever
- Diarrhea (yellow, frothy)
- Gas or bloating
- Vomiting
- Stomach aches
- Loss of appetite
- Headache

How is it spread?

- Parasite forms cysts in infected persons intestine which are passed out of the body during a bowel movement, and these cysts can infect others who come in contact with it
- Found on surfaces and in contaminated soil, food, and water

How is it diagnosed and treated?

- Primary Care Provider (PCP) evaluation and prescription medication
- If anyone in your family is diagnosed, ALL members of the family should be checked by PCP

Are there complications?

- Diarrhea and vomiting may cause loss of body fluids causing dehydration

How can it be prevented?

- Wash hands often
- Do not swim if you are experiencing diarrhea
- Wash all clothing, sheets, and diapers soiled by infected person diagnosed with hot soapy water
- Wash common surfaces with fresh 1:100 dilution of household bleach (2 tsp. per 1 qt. water)
- Do not drink untreated water from shallow wells, lakes, ponds, rivers and streams

Should the individual be isolated?

- Yes. Until infection clears.

When can the individual return to the population?

- Upon the recommendation from their physician and until infection clears

Should facilities do special cleaning?

- Special cleaning is not necessary. Routine cleaning with EPA approved products is recommended or fresh 1:100 dilution of household bleach (2 tsp. per 1 qt. water)

If I have any other questions, whom can I contact?

- Call the Genesee County Health Department at 257-1017