



August 21, 2017

To: Coaches, Parents and Guardians of Students Participating in Water Sports and Swim Classes:

This is to advise you that San Joaquin County is experiencing an increase of the parasitic disease Cryptosporidiosis (also known as Crypto). From mid-June through mid-August there have been 17 cases reported in the county. Usually San Joaquin County has only 1 case of per year. This parasite is easily spread in swimming pools and other recreational waters, in addition to being spread person to person. Below is important information on this disease and how to prevent its spread.

Crypto is a diarrheal disease caused by a microscopic parasite. Symptoms include watery diarrhea and stomach cramps, which generally begin 2 to 10 days after becoming infected. The most common way of getting infected is by swallowing contaminated recreational water including from swimming pools, interactive water facilities and natural waterways like lakes and the Delta. The parasite can also be transmitted easily from person to person. People can continue to spread the parasite for a few weeks even after symptoms stop.

Prevention is key to stopping this disease. The following are important steps for healthy swimming:

- *Don't swim or let your kids swim if sick with diarrhea until **two weeks** after illness ends.*
- *Don't swallow the water.*
- *Shower before getting in the water to remove germs.*
- *Young children should have bathroom breaks often, and check diapers in a diaper-changing area that is not right next to the pool.*

Good handwashing is very important to prevent person to person spread. Wash hands frequently but especially after using the bathroom or changing diapers, before eating or preparing food, and after handling animals or animal waste.

If you think your student or one of your family members may be sick with Crypto, see your health care provider. Tell your provider that you suspect this parasitic disease so the proper test can be ordered.

If you have any questions about Crypto please call the San Joaquin County Public Health Communicable Disease Program at (209) 468-3822.

Sincerely,

A handwritten signature in black ink, appearing to read "A. Garza".

Alvaro Garza, MD, MPH
Public Health Officer