

Facts About Crypto

- Cryptosporidiosis - is a diarrheal disease caused by microscopic parasites
- “Crypto” is short for cryptosporidiosis
- Crypto is found in the feces of an infected person
- Anything that comes in contact with contaminated feces can easily become a mechanism for spreading the disease
- Up to 1,000,000,000 (1-billion) crypto germs can be released in a single diarrheal release
- It takes less than 10 crypto germs to infect a person
- Symptoms (watery diarrhea) usually for 1-2 weeks
- Young children are at increased risk for getting crypto because they often put objects into their mouths and do not regularly wash their hands
- Young children infected with crypto are at risk for severe dehydration and weight loss

For More Information

Contact

The Utah Department of Health
Bureau of Epidemiology
(801) 538-6191
<http://health.utah.gov/epi/>

or

Your Local Health Department
<http://health.utah.gov/lhd/>



Keep Your
Daycare
Healthy



Prevent
Cryptosporidiosis

Protecting Yourself, Your
Children and Their Families

Keep it Clean

Disinfecting Against Crypto

Because crypto is spread from contact with contaminated objects (examples: toys, objects, surfaces, etc.) it is important to properly disinfect against crypto.

Crypto is tougher to kill than most disease causing organisms. Most commonly used bleach solutions have little effect on the crypto parasite.

Hydrogen peroxide or ammonia work best for disinfecting against crypto. Hydrogen peroxide is a better choice in a daycare because ammonia has a strong odor and can create a hazardous gas when mixed with bleach or other chlorinated solutions.

What to clean in a crypto outbreak:

- Toys (twice daily)
- Table tops (twice daily)
- High-chairs (twice daily)
- Bathrooms (daily)
- Food preparation areas (daily)

Disinfecting procedure:

- Use a 3%-6% concentration of hydrogen peroxide solution and soak the contaminated surface for 20 minutes.
- Some toys may be able to be cleaned in a commercial style dishwasher. Cloth toys can easily be dried in a clothes dryer.

Crypto in the Daycare Setting

The spread of cryptosporidiosis is highest among young children who are not toilet trained and their caregivers (those who change diapers).

Follow these practices for preventing the spread of crypto in a daycare:

- Exclude any child with diarrhea from the daycare until the diarrhea has stopped.
- Move caregivers sick with diarrhea to jobs that minimize risk for spreading the disease (example: administrative work vs. food prep)
- Practice good hand washing:
 - Use warm water and soap
 - Rub hands together for 20 seconds (sing "Happy Birthday" twice)
 - Rinse hands well with running water
 - Dry hands with disposable towels or air-dryer
 - Alcohol based gels/sanitizer's do not kill crypto
- Improve diaper changing practice:
 - Separate changing area from play, food prep and eating areas
 - Use disposable gloves (dispose after each diaper change)
 - Use disposable paper over diaper changing surface (replace and dispose after each use)
 - Ensure that children's clothing completely covers diaper
- Terminate all water play or swimming activities if a crypto outbreak occurs at the daycare setting
- Educate staff and parents about crypto (symptoms, how it is spread, control measures, and the daycare's policies regarding crypto)

