

What is cryptosporidiosis?

Cryptosporidiosis is a diarrhoeal illness caused by a parasite called cryptosporidium. Both children and adults can get it, but it is more common in children.

What illness results from infection?

The illness usually starts with watery, bloody stools. It is often accompanied by stomach pain, nausea, and vomiting. In some cases, it can lead to dehydration. The illness is usually self-limiting and resolves within a few weeks.

Should I see my GP?

You should see your GP if you have persistent diarrhoea, blood in your stools, or if you are unable to eat or drink. It is also important to see your GP if you are immunocompromised or have a chronic illness.

How are infections treated?

Most people recover on their own. Treatment is usually supportive, focusing on hydration and rest. In some cases, antibiotics may be prescribed.

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Where does crypto come from?

Cryptosporidium is a parasite that can be found in the faeces of many animals, including cows, pigs, and chickens. It is often found in water, soil, and food. The parasite is highly resistant to chlorine and can survive in the environment for several months.

**If someone in your household has
crypto:**

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