



THINGS TO KNOW ABOUT GIARDIA

CAUSE: GIARDIA LAMBULIA; a parasite.

SYMPTOMS: Diarrhea, or foul smelling stools, cramping, excessive gas or bloating, fatigue (not fever). Although it usually lasts 3 to 20 days, it can last off and on for weeks or months. Incubation period is usually 1 to 5 days, average 6 to 9 days.

HOW DO YOU GET IT?

The parasites may be in untreated stream water. They are in the droppings of animals (dogs, cats, beaver, deer, etc.) infected with **GIARDIA**. They are in the feces (stools) of people who are infected with **GIARDIA**. You get it by eating food or drinking water that has been contaminated with feces from people or animals that are infected with **GIARDIA**. You can also get it if your own hands are contaminated by feces when you eat with your hands or put your hands in your mouth. Because of this, the parasite may be spread within the family unit and between small children. **GIARDIA** is **NOT** spread by coughing or sneezing.

HOW CAN YOU KEEP FROM GETTING IT?

- 1) Don't drink untreated water (stream, lake, etc.). Chlorine and iodine are not always adequate to kill **GIARDIA** in stream water. Boiling the water is the safest way.
- 2) Wash your hands before eating.
- 3) Wash your hands after emptying the cat litter box.
- 4) Wash your hands after changing diapers.
- 5) Keep children away from animal droppings.

HOW CAN YOU KEEP FROM SPREADING IT IF YOU HAVE IT?

WASH YOUR HANDS!!! - after going to the bathroom, before fixing food, before wiping children's faces. Ill persons should not prepare food if it can be avoided. Those who prepare food outside the home should not return to work until your doctor tells you it's okay.