

**CRYPTOSPORIDIOSIS**

Department of Health and Human Services

**CRYPTOSPORIDIOSIS**

Cryptosporidiosis (KRIP-toh-spor-id-e-o-sis), called "crypto," is caused by a parasite. This parasite is so small that about 10,000 of them could fit on the period at the end of this sentence. Crypto can give you watery diarrhea, stomach cramps, and a slight fever. You can get crypto by putting in your mouth food or water that has come in contact with feces (poop) of a person or animal with the disease. To avoid getting crypto, wash your hands with soap and water before eating, after going to the bathroom, changing a diaper, or after touching an object or surface that has come in contact with feces. Avoid drinking untreated water from wells, lakes, and rivers. Also, make sure you don't swallow water when in a pool, lake, river, or hot tub.

[www.cdc.gov/ncidod](http://www.cdc.gov/ncidod)