

## Your child may have been exposed to:

**Giardiasis**

Giardiasis is an infection of the intestines caused by a parasite.

If you think your child has giardiasis, tell your childcare provider or call the school.

Keep your child home from childcare until 24 hours after diarrhea has stopped.

School aged children do not need to stay home, unless they are not feeling well and/or have diarrhea and need to use the bathroom frequently.

Anyone with giardiasis should not go in lakes, pools, splash pads, water parks, or hot tubs until after diarrhea has stopped.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

**Symptoms**

Your child may have gas, stomach cramps, bloating, and diarrhea. They may not be hungry and may lose weight. Illness usually lasts between 2 to 6 weeks.

If your child is infected, it may take 1 to 3 weeks for symptoms to start.

**Spread**

- By eating food or beverages contaminated with stool.
- By touching hands, objects, or surfaces contaminated with stool.

**Contagious period**

The illness can spread as long as *Giardia* parasites are in the stool. This could be for several weeks or months.

**Call your health care provider**

- If anyone in your home has symptoms. There is a medical test to detect the parasite.
- Treatment is available.

**Prevention**

- Wash hands after using the toilet and changing diapers. Wash hands before preparing or eating food. Your child may need help with handwashing.
- Clean and disinfect any objects that come in contact with stool. This includes toilets, potty chairs, sinks, toys, and diaper changing areas. Use a product that kills germs.
- Avoid swallowing water when in lakes, pools, splash pads, water parks, or hot tubs.

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