

**NEWS RELEASE**  
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**Contact:** Lisa V. Horn,  
Communications Coordinator  
Office: (785) 856-7362

### **Cryptosporidiosis cases in neighboring counties urge awareness**

**(Lawrence, KS)** – With many Douglas County pools making Labor Day their last day of the season, cryptosporidiosis cases in neighboring counties urge vigilance to prevent the spread of illness here.

People swimming in pools, lakes and ponds are susceptible to cryptosporidiosis and giardiasis. These illnesses are caused by chlorine-resistant parasites found in infected people's stool. They're not visible to the naked eye and are protected by an outer shell that allows them to survive long periods of time in water or on surfaces. Ingesting these germs can cause diarrheal illness.

There are several ways you can decrease your risk of recreational water illness:

- Don't swim when you have diarrhea. You can spread germs in the water and make other people sick.
- Don't swallow the water. In fact, avoid getting water in your mouth.
- Practice good hygiene. Shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water. Wash your child thoroughly (especially the rear end) with soap and water before swimming.
- Take children on bathroom breaks or change diapers often. Waiting to hear, "I have to go," may mean that it's too late.
- Change diapers in a bathroom and not at poolside. Germs can spread to surfaces and objects in and around the water and spread illness.

The Health Department's Environmental Health program performs routine inspections of public swimming pools and spas to ensure they are safe for the public. Information on safe swimming practices has been reinforced with the operators of pools still open for the season. For more information on recreational water illness or pool inspections, call the Lawrence-Douglas County Health Department at (785) 843-3060 or visit the agency's website at [www.ldchealth.org](http://www.ldchealth.org).