



Cryptosporidiosis and Giardiasis

Maine Surveillance Report | 2020

Cryptosporidiosis

▲ 1% increase from 2019

CASE INFORMATION DEMOGRAPHICS GEOGRAPHY

72

Cases

5.3

Cases/100,000



58% of cases
(42) were female

32

Average age
(2–86 years)

RISK FACTORS

69%

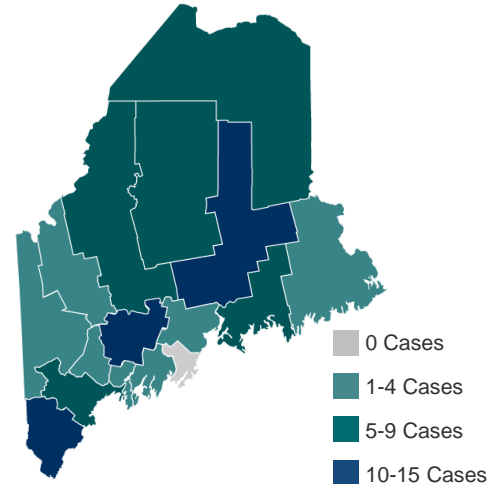
Contact with animals



29% contact with cows

24%

Contact with untreated water



Giardiasis

▼ 2% decrease from 2019

CASE INFORMATION DEMOGRAPHICS GEOGRAPHY

139

Cases

10.2

Cases/100,000



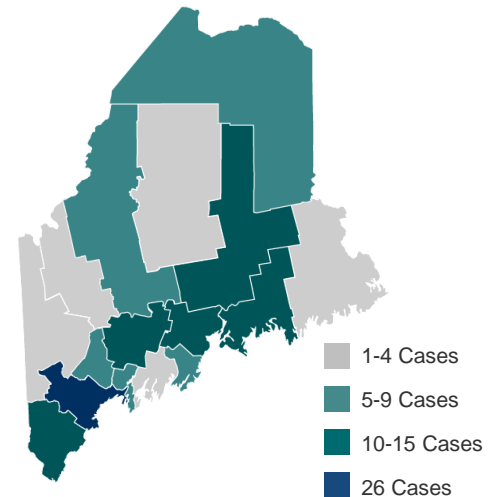
51% of cases
(71) were male

49

Average age
(1–99 years)

Prevention:

- Wash hands with soap and water, especially after contact with animals, using the toilet or changing diapers, gardening, and before preparing food and eating.
- Do not swim if you have diarrhea. Children in diapers should not be in the water if they have diarrhea. If diagnosed with cryptosporidiosis, wait two weeks after diarrhea ends to swim.
- Do not drink untreated water from lakes, streams, ponds, or springs.
- Avoid unpasteurized juices and raw milk products.
- Rinse all fresh fruits and vegetables under clean running water.
- When traveling to countries where water may not be safe and sanitation is poor, do not use ice or tap water and avoid eating uncooked foods.
- Children with diarrhea should be excluded from child-care settings until diarrhea has resolved.
- Food handlers should refrain from work until the diarrhea has resolved.
- Prevent cross contamination of cooked foods and uncooked foods and the surfaces used to prepare these foods.



Reporting:

Cryptosporidiosis and Giardiasis must be reported to Maine CDC within 48 hours of recognition or strong suspicion of disease.

Telephone: 1-800-821-5821
Fax: 1-800-293-7534

For more information visit:

www.maine.gov/idepi

www.cdc.gov/giardia

www.cdc.gov/crypto

If the safety of drinking water is questionable: use bottled water, disinfect water by heating to a rolling boil for one minute, or use an appropriate filter (National Safety Foundation (NSF) Standard 53 or 58). Filtered water will need additional treatment to kill/inactivate bacteria or viruses.