

# **News Release**

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**For Immediate Release**  
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## **Hyperchlorination recommended after report of crypto**

Following a single confirmed case of crypto in an individual who swam at Hiawatha Water Park and Pool, the Knox County Health Department has recommended that pool officials hyperchlorinate the pool. The health department was contacted by Mount Vernon city officials after notification from the affected individual. The hyperchlorination procedure was expected to be done today (8/19).

Crypto, which is short for Cryptosporidiosis, is a diarrheal disease caused by microscopic parasites. It is one of the most common causes of waterborne disease affecting humans in the United States and is usually spread in recreational water and drinking water. Currently, there is a Crypto outbreak in Franklin and Delaware counties where more than 100 cases have been confirmed.

Crypto is found in the fecal matter of a person who has been infected by Crypto. It is spread by swallowing water that has been contaminated with fecal matter containing Crypto. It can also be spread from human to human contact. The Crypto germ is protected by an outer shell that allows it to survive outside the body for long periods and makes it very tolerant to routine chlorine disinfection.

Crypto Symptoms include watery diarrhea with abdominal pain and cramping, which can be accompanied by dehydration, weight loss, fever, nausea and vomiting. Symptoms can last for two weeks, with improvement often followed by recurrence. Infected persons can continue to shed the disease for several weeks after diarrhea subsides, so they should avoid activities involving recreational waters for at least two weeks after diarrhea subsides and practice diligent hand washing.

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To avoid getting crypto or spreading the disease, the health department recommends the following tips for anyone visiting a pool, beach, water park, spa or spray fountain:

- Do not swim when you have diarrhea and for two weeks after you recovered.
- Do not pee or poop in the water.
- Take a shower/bathe before going in the water.
- Wash hands with soap and water after using the bathroom, changing diapers and before eating.
- Change diapers in a bathroom and not by the pool.
- Take kids on frequent bathroom breaks and check diapers often.
- Don't swallow any water and keep it out of your mouth.

In Knox County, the environmental health staff at the health department routinely inspects nearly 30 licensed pools, spas and beaches. During the summer months, inspections are conducted more often. Inspections include testing the water for dangerous levels of certain bacteria, implementation of proper cleaning procedures and maintaining an incident log.

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