

Giardiasis

What is Giardiasis?

Giardiasis (pronounced GEE-are-DYE-uh-sis) is an illness caused by *Giardia lamblia*, a one-celled, microscopic parasite that lives in the intestines of people and animals. The parasite is found in every part of the U.K. and throughout the world.

When did I get it?

Symptoms usually appear 1-2 weeks after infection with the parasite.

How did I get it?

From any of the following sources:

- From close contact with another infected person, including sexual contact.
- From water contaminated by the organism through accidental consumption e.g. such as bathing, fishing and other outdoor activities.
- From eating food which has been contaminated with the organism.



What are the signs and symptoms?

- Diarrhoea,
- Abdominal cramps,
- Nausea,
- These symptoms may lead to weight loss and dehydration. However, not everyone infected has symptoms.

How do I stop it spreading?

- While you are ill and have symptoms you are infectious. You can return to work or school once you have been free from diarrhoea for 48 hours.
- You should tell your employer you have had Giardiasis infection if you work with vulnerable groups such as the elderly, the young, those in poor health, or handle food.
- Wash hands thoroughly after going to the toilet and before preparing meals or eating.
- Supervise young children who are infected with hand washing.
- Avoid sharing baths or paddling pools until you have been free of symptoms for **14 days**.
- Disinfect all areas in the toilet daily (including door handles, other contact areas).
- If you or a member of your household is receiving cancer therapy treatment



(or otherwise immunocompromised) you should tell the Doctor or Nursing staff at the Treatment Centre about this infection.



How can I prevent contracting Giardiasis?

- Wash hands with soap and water after using the toilet and before handling food.
- Avoid water or food that may be contaminated and wash all raw vegetables and fruit before eating.
- Wash hands after contact with animals.
- Avoid drinking water from lakes, rivers, springs, ponds, or streams.
- When travelling in countries where the water supply may be unsafe, avoid drinking unboiled tap water and avoid uncooked foods washed with unboiled tap water. Bottled or canned beverages or pasteurised fruit drinks, and steaming hot coffee and tea are safe to drink. You should check the label on bottled water to make sure it has been properly filtered before drinking.

Where can I get more advice?

- Your own G.P
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer may be contacted on the number below for further advice if required.

Tel: 029 20 87 3823/ 029 2087 3832

Email: communicabledisease@cardiff.gov.uk



Follow us on Facebook: [Communicabledisease](https://www.facebook.com/Communicabledisease)

Giardiasis

What is Giardiasis?

Giardiasis (pronounced GEE-are-DYE-uh-sis) is an illness caused by *Giardia lamblia*, a one-celled, microscopic parasite that lives in the intestines of people and animals. The parasite is found in every part of the U.K. and throughout the world.

When did I get it?

Symptoms usually appear 1-2 weeks after infection with the parasite.

How did I get it?

From any of the following sources:

- From close contact with another infected person, including sexual contact.
- From water contaminated by the organism through accidental consumption e.g. such as bathing, fishing and other outdoor activities.
- From eating food which has been contaminated with the organism.



What are the signs and symptoms?

- Diarrhoea,
- Abdominal cramps,
- Nausea,
- These symptoms may lead to weight loss and dehydration. However, not everyone infected has symptoms.

How do I stop it spreading?

- While you are ill and have symptoms you are infectious. You can return to work or school once you have been free from diarrhoea for 48 hours.
- You should tell your employer you have had Giardiasis infection if you work with vulnerable groups such as the elderly, the young, those in poor health, or handle food.
- Wash hands thoroughly after going to the toilet and before preparing meals or eating.
- Supervise young children who are infected with hand washing.
- Avoid sharing baths or paddling pools until you have been free of symptoms for **14 days**.
- Disinfect all areas in the toilet daily (including door handles, other contact areas).
- If you or a member of your household is receiving cancer therapy treatment



(or otherwise immunocompromised) you should tell the Doctor or Nursing staff at the Treatment Centre about this infection.



How can I prevent contracting Giardiasis?

- Wash hands with soap and water after using the toilet and before handling food.
- Avoid water or food that may be contaminated and wash all raw vegetables and fruit before eating.
- Wash hands after contact with animals.
- Avoid drinking water from lakes, rivers, springs, ponds, or streams.
- When travelling in countries where the water supply may be unsafe, avoid drinking unboiled tap water and avoid uncooked foods washed with unboiled tap water. Bottled or canned beverages or pasteurised fruit drinks, and steaming hot coffee and tea are safe to drink. You should check the label on bottled water to make sure it has been properly filtered before drinking.

Where can I get more advice?

- Your own G.P
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer may be contacted on the number below for further advice if required.

Tel: 029 20 87 3823/ 029 2087 3832

Email: communicabledisease@cardiff.gov.uk



Follow us on Facebook: [Communicabledisease](https://www.facebook.com/Communicabledisease)

Giardiasis

What is Giardiasis?

Giardiasis (pronounced GEE-are-DYE-uh-sis) is an illness caused by *Giardia lamblia*, a one-celled, microscopic parasite that lives in the intestines of people and animals. The parasite is found in every part of the U.K. and throughout the world.

When did I get it?

Symptoms usually appear 1-2 weeks after infection with the parasite.

How did I get it?

From any of the following sources:

- From close contact with another infected person, including sexual contact.
- From water contaminated by the organism through accidental consumption e.g. such as bathing, fishing and other outdoor activities.
- From eating food which has been contaminated with the organism.



What are the signs and symptoms?

- Diarrhoea,
- Abdominal cramps,
- Nausea,
- These symptoms may lead to weight loss and dehydration. However, not everyone infected has symptoms.

How do I stop it spreading?

- While you are ill and have symptoms you are infectious. You can return to work or school once you have been free from diarrhoea for 48 hours.
- You should tell your employer you have had Giardiasis infection if you work with vulnerable groups such as the elderly, the young, those in poor health, or handle food.
- Wash hands thoroughly after going to the toilet and before preparing meals or eating.
- Supervise young children who are infected with hand washing.
- Avoid sharing baths or paddling pools until you have been free of symptoms for **14 days**.
- Disinfect all areas in the toilet daily (including door handles, other contact areas).
- If you or a member of your household is receiving cancer therapy treatment



(or otherwise immunocompromised) you should tell the Doctor or Nursing staff at the Treatment Centre about this infection.



How can I prevent contracting Giardiasis?

- Wash hands with soap and water after using the toilet and before handling food.
- Avoid water or food that may be contaminated and wash all raw vegetables and fruit before eating.
- Wash hands after contact with animals.
- Avoid drinking water from lakes, rivers, springs, ponds, or streams.
- When travelling in countries where the water supply may be unsafe, avoid drinking unboiled tap water and avoid uncooked foods washed with unboiled tap water. Bottled or canned beverages or pasteurised fruit drinks, and steaming hot coffee and tea are safe to drink. You should check the label on bottled water to make sure it has been properly filtered before drinking.

Where can I get more advice?

- Your own G.P
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer may be contacted on the number below for further advice if required.

Tel: 029 20 87 3823/ 029 2087 3832

Email:communicabledisease@cardiff.gov.uk



Follow us on Facebook: [Communicabledisease](#)

Giardiasis

What is Giardiasis?

Giardiasis (pronounced GEE-are-DYE-uh-sis) is an illness caused by *Giardia lamblia*, a one-celled, microscopic parasite that lives in the intestines of people and animals. The parasite is found in every part of the U.K. and throughout the world.

When did I get it?

Symptoms usually appear 1-2 weeks after infection with the parasite.

How did I get it?

From any of the following sources:

- From close contact with another infected person, including sexual contact.
- From water contaminated by the organism through accidental consumption e.g. such as bathing, fishing and other outdoor activities.
- From eating food which has been contaminated with the organism.



What are the signs and symptoms?

- Diarrhoea,
- Abdominal cramps,
- Nausea,
- These symptoms may lead to weight loss and dehydration. However, not everyone infected has symptoms.

How do I stop it spreading?

- While you are ill and have symptoms you are infectious. You can return to work or school once you have been free from diarrhoea for 48 hours.
- You should tell your employer you have had Giardiasis infection if you work with vulnerable groups such as the elderly, the young, those in poor health, or handle food.
- Wash hands thoroughly after going to the toilet and before preparing meals or eating.
- Supervise young children who are infected with hand washing.
- Avoid sharing baths or paddling pools until you have been free of symptoms for **14 days**.
- Disinfect all areas in the toilet daily (including door handles, other contact areas).
- If you or a member of your household is receiving cancer therapy treatment



(or otherwise immunocompromised) you should tell the Doctor or Nursing staff at the Treatment Centre about this infection.



How can I prevent contracting Giardiasis?

- Wash hands with soap and water after using the toilet and before handling food.
- Avoid water or food that may be contaminated and wash all raw vegetables and fruit before eating.
- Wash hands after contact with animals.
- Avoid drinking water from lakes, rivers, springs, ponds, or streams.
- When travelling in countries where the water supply may be unsafe, avoid drinking unboiled tap water and avoid uncooked foods washed with unboiled tap water. Bottled or canned beverages or pasteurised fruit drinks, and steaming hot coffee and tea are safe to drink. You should check the label on bottled water to make sure it has been properly filtered before drinking.

Where can I get more advice?

- Your own G.P
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer may be contacted on the number below for further advice if required.

Tel: 029 20 87 3823/ 029 2087 3832

Email:communicabledisease@cardiff.gov.uk



Follow us on Facebook: [Communicabledisease](#)

Giardiasis

What is Giardiasis?

Giardiasis (pronounced GEE-are-DYE-uh-sis) is an illness caused by *Giardia lamblia*, a one-celled, microscopic parasite that lives in the intestines of people and animals. The parasite is found in every part of the U.K. and throughout the world.

When did I get it?

Symptoms usually appear 1-2 weeks after infection with the parasite.

How did I get it?

From any of the following sources:

- From close contact with another infected person, including sexual contact.
- From water contaminated by the organism through accidental consumption e.g. such as bathing, fishing and other outdoor activities.
- From eating food which has been contaminated with the organism.



What are the signs and symptoms?

- Diarrhoea,
- Abdominal cramps,
- Nausea,
- These symptoms may lead to weight loss and dehydration. However, not everyone infected has symptoms.

How do I stop it spreading?

- While you are ill and have symptoms you are infectious. You can return to work or school once you have been free from diarrhoea for 48 hours.
- You should tell your employer you have had Giardiasis infection if you work with vulnerable groups such as the elderly, the young, those in poor health, or handle food.
- Wash hands thoroughly after going to the toilet and before preparing meals or eating.
- Supervise young children who are infected with hand washing.
- Avoid sharing baths or paddling pools until you have been free of symptoms for **14 days**.
- Disinfect all areas in the toilet daily (including door handles, other contact areas).
- If you or a member of your household is receiving cancer therapy treatment



(or otherwise immunocompromised) you should tell the Doctor or Nursing staff at the Treatment Centre about this infection.



How can I prevent contracting Giardiasis?

- Wash hands with soap and water after using the toilet and before handling food.
- Avoid water or food that may be contaminated and wash all raw vegetables and fruit before eating.
- Wash hands after contact with animals.
- Avoid drinking water from lakes, rivers, springs, ponds, or streams.
- When travelling in countries where the water supply may be unsafe, avoid drinking unboiled tap water and avoid uncooked foods washed with unboiled tap water. Bottled or canned beverages or pasteurised fruit drinks, and steaming hot coffee and tea are safe to drink. You should check the label on bottled water to make sure it has been properly filtered before drinking.

Where can I get more advice?

- Your own G.P
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer may be contacted on the number below for further advice if required.

Tel: 029 20 87 3823/ 029 2087 3832

Email: communicabledisease@cardiff.gov.uk



Follow us on Facebook: [Communicabledisease](https://www.facebook.com/Communicabledisease)

Giardiasis

What is Giardiasis?

Giardiasis (pronounced GEE-are-DYE-uh-sis) is an illness caused by *Giardia lamblia*, a one-celled, microscopic parasite that lives in the intestines of people and animals. The parasite is found in every part of the U.K. and throughout the world.

When did I get it?

Symptoms usually appear 1-2 weeks after infection with the parasite.

How did I get it?

From any of the following sources:

- From close contact with another infected person, including sexual contact.
- From water contaminated by the organism through accidental consumption e.g. such as bathing, fishing and other outdoor activities.
- From eating food which has been contaminated with the organism.



What are the signs and symptoms?

- Diarrhoea,
- Abdominal cramps,
- Nausea,
- These symptoms may lead to weight loss and dehydration. However, not everyone infected has symptoms.

How do I stop it spreading?

- While you are ill and have symptoms you are infectious. You can return to work or school once you have been free from diarrhoea for 48 hours.
- You should tell your employer you have had Giardiasis infection if you work with vulnerable groups such as the elderly, the young, those in poor health, or handle food.
- Wash hands thoroughly after going to the toilet and before preparing meals or eating.
- Supervise young children who are infected with hand washing.
- Avoid sharing baths or paddling pools until you have been free of symptoms for **14 days**.
- Disinfect all areas in the toilet daily (including door handles, other contact areas).
- If you or a member of your household is receiving cancer therapy treatment



(or otherwise immunocompromised) you should tell the Doctor or Nursing staff at the Treatment Centre about this infection.



How can I prevent contracting Giardiasis?

- Wash hands with soap and water after using the toilet and before handling food.
- Avoid water or food that may be contaminated and wash all raw vegetables and fruit before eating.
- Wash hands after contact with animals.
- Avoid drinking water from lakes, rivers, springs, ponds, or streams.
- When travelling in countries where the water supply may be unsafe, avoid drinking unboiled tap water and avoid uncooked foods washed with unboiled tap water. Bottled or canned beverages or pasteurised fruit drinks, and steaming hot coffee and tea are safe to drink. You should check the label on bottled water to make sure it has been properly filtered before drinking.

Where can I get more advice?

- Your own G.P
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer may be contacted on the number below for further advice if required.

Tel: 029 20 87 3823/ 029 2087 3832

Email:communicabledisease@cardiff.gov.uk



Follow us on Facebook: [Communicabledisease](#)

Giardiasis

What is Giardiasis?

Giardiasis (pronounced GEE-are-DYE-uh-sis) is an illness caused by *Giardia lamblia*, a one-celled, microscopic parasite that lives in the intestines of people and animals. The parasite is found in every part of the U.K. and throughout the world.

When did I get it?

Symptoms usually appear 1-2 weeks after infection with the parasite.

How did I get it?

From any of the following sources:

- From close contact with another infected person, including sexual contact.
- From water contaminated by the organism through accidental consumption e.g. such as bathing, fishing and other outdoor activities.
- From eating food which has been contaminated with the organism.



What are the signs and symptoms?

- Diarrhoea,
- Abdominal cramps,
- Nausea,
- These symptoms may lead to weight loss and dehydration. However, not everyone infected has symptoms.

How do I stop it spreading?

- While you are ill and have symptoms you are infectious. You can return to work or school once you have been free from diarrhoea for 48 hours.
- You should tell your employer you have had Giardiasis infection if you work with vulnerable groups such as the elderly, the young, those in poor health, or handle food.
- Wash hands thoroughly after going to the toilet and before preparing meals or eating.
- Supervise young children who are infected with hand washing.
- Avoid sharing baths or paddling pools until you have been free of symptoms for **14 days**.
- Disinfect all areas in the toilet daily (including door handles, other contact areas).
- If you or a member of your household is receiving cancer therapy treatment



(or otherwise immunocompromised) you should tell the Doctor or Nursing staff at the Treatment Centre about this infection.



How can I prevent contracting Giardiasis?

- Wash hands with soap and water after using the toilet and before handling food.
- Avoid water or food that may be contaminated and wash all raw vegetables and fruit before eating.
- Wash hands after contact with animals.
- Avoid drinking water from lakes, rivers, springs, ponds, or streams.
- When travelling in countries where the water supply may be unsafe, avoid drinking unboiled tap water and avoid uncooked foods washed with unboiled tap water. Bottled or canned beverages or pasteurised fruit drinks, and steaming hot coffee and tea are safe to drink. You should check the label on bottled water to make sure it has been properly filtered before drinking.

Where can I get more advice?

- Your own G.P
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer may be contacted on the number below for further advice if required.

Tel: 029 20 87 3823/ 029 2087 3832

Email:communicabledisease@cardiff.gov.uk



Follow us on Facebook: [Communicabledisease](#)

Giardiasis

What is Giardiasis?

Giardiasis (pronounced GEE-are-DYE-uh-sis) is an illness caused by *Giardia lamblia*, a one-celled, microscopic parasite that lives in the intestines of people and animals. The parasite is found in every part of the U.K. and throughout the world.

When did I get it?

Symptoms usually appear 1-2 weeks after infection with the parasite.

How did I get it?

From any of the following sources:

- From close contact with another infected person, including sexual contact.
- From water contaminated by the organism through accidental consumption e.g. such as bathing, fishing and other outdoor activities.
- From eating food which has been contaminated with the organism.



What are the signs and symptoms?

- Diarrhoea,
- Abdominal cramps,
- Nausea,
- These symptoms may lead to weight loss and dehydration. However, not everyone infected has symptoms.

How do I stop it spreading?

- While you are ill and have symptoms you are infectious. You can return to work or school once you have been free from diarrhoea for 48 hours.
- You should tell your employer you have had Giardiasis infection if you work with vulnerable groups such as the elderly, the young, those in poor health, or handle food.
- Wash hands thoroughly after going to the toilet and before preparing meals or eating.
- Supervise young children who are infected with hand washing.
- Avoid sharing baths or paddling pools until you have been free of symptoms for **14 days**.
- Disinfect all areas in the toilet daily (including door handles, other contact areas).
- If you or a member of your household is receiving cancer therapy treatment



(or otherwise immunocompromised) you should tell the Doctor or Nursing staff at the Treatment Centre about this infection.



How can I prevent contracting Giardiasis?

- Wash hands with soap and water after using the toilet and before handling food.
- Avoid water or food that may be contaminated and wash all raw vegetables and fruit before eating.
- Wash hands after contact with animals.
- Avoid drinking water from lakes, rivers, springs, ponds, or streams.
- When travelling in countries where the water supply may be unsafe, avoid drinking unboiled tap water and avoid uncooked foods washed with unboiled tap water. Bottled or canned beverages or pasteurised fruit drinks, and steaming hot coffee and tea are safe to drink. You should check the label on bottled water to make sure it has been properly filtered before drinking.

Where can I get more advice?

- Your own G.P
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer may be contacted on the number below for further advice if required.

Tel: 029 20 87 3823/ 029 2087 3832

Email:communicabledisease@cardiff.gov.uk



Follow us on Facebook: [Communicabledisease](#)

Giardiasis

What is Giardiasis?

Giardiasis (pronounced GEE-are-DYE-uh-sis) is an illness caused by *Giardia lamblia*, a one-celled, microscopic parasite that lives in the intestines of people and animals. The parasite is found in every part of the U.K. and throughout the world.

When did I get it?

Symptoms usually appear 1-2 weeks after infection with the parasite.

How did I get it?

From any of the following sources:

- From close contact with another infected person, including sexual contact.
- From water contaminated by the organism through accidental consumption e.g. such as bathing, fishing and other outdoor activities.
- From eating food which has been contaminated with the organism.



What are the signs and symptoms?

- Diarrhoea,
- Abdominal cramps,
- Nausea,
- These symptoms may lead to weight loss and dehydration. However, not everyone infected has symptoms.

How do I stop it spreading?

- While you are ill and have symptoms you are infectious. You can return to work or school once you have been free from diarrhoea for 48 hours.
- You should tell your employer you have had Giardiasis infection if you work with vulnerable groups such as the elderly, the young, those in poor health, or handle food.
- Wash hands thoroughly after going to the toilet and before preparing meals or eating.
- Supervise young children who are infected with hand washing.
- Avoid sharing baths or paddling pools until you have been free of symptoms for **14 days**.
- Disinfect all areas in the toilet daily (including door handles, other contact areas).
- If you or a member of your household is receiving cancer therapy treatment



(or otherwise immunocompromised) you should tell the Doctor or Nursing staff at the Treatment Centre about this infection.



How can I prevent contracting Giardiasis?

- Wash hands with soap and water after using the toilet and before handling food.
- Avoid water or food that may be contaminated and wash all raw vegetables and fruit before eating.
- Wash hands after contact with animals.
- Avoid drinking water from lakes, rivers, springs, ponds, or streams.
- When travelling in countries where the water supply may be unsafe, avoid drinking unboiled tap water and avoid uncooked foods washed with unboiled tap water. Bottled or canned beverages or pasteurised fruit drinks, and steaming hot coffee and tea are safe to drink. You should check the label on bottled water to make sure it has been properly filtered before drinking.

Where can I get more advice?

- Your own G.P
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer may be contacted on the number below for further advice if required.

Tel: 029 20 87 3823/ 029 2087 3832

Email: communicabledisease@cardiff.gov.uk



Follow us on Facebook: [Communicabledisease](#)

Giardiasis

What is Giardiasis?

Giardiasis (pronounced GEE-are-DYE-uh-sis) is an illness caused by *Giardia lamblia*, a one-celled, microscopic parasite that lives in the intestines of people and animals. The parasite is found in every part of the U.K. and throughout the world.

When did I get it?

Symptoms usually appear 1-2 weeks after infection with the parasite.

How did I get it?

From any of the following sources:

- From close contact with another infected person, including sexual contact.
- From water contaminated by the organism through accidental consumption e.g. such as bathing, fishing and other outdoor activities.
- From eating food which has been contaminated with the organism.



What are the signs and symptoms?

- Diarrhoea,
- Abdominal cramps,
- Nausea,
- These symptoms may lead to weight loss and dehydration. However, not everyone infected has symptoms.

How do I stop it spreading?

- While you are ill and have symptoms you are infectious. You can return to work or school once you have been free from diarrhoea for 48 hours.
- You should tell your employer you have had Giardiasis infection if you work with vulnerable groups such as the elderly, the young, those in poor health, or handle food.
- Wash hands thoroughly after going to the toilet and before preparing meals or eating.
- Supervise young children who are infected with hand washing.
- Avoid sharing baths or paddling pools until you have been free of symptoms for **14 days**.
- Disinfect all areas in the toilet daily (including door handles, other contact areas).
- If you or a member of your household is receiving cancer therapy treatment



(or otherwise immunocompromised) you should tell the Doctor or Nursing staff at the Treatment Centre about this infection.



How can I prevent contracting Giardiasis?

- Wash hands with soap and water after using the toilet and before handling food.
- Avoid water or food that may be contaminated and wash all raw vegetables and fruit before eating.
- Wash hands after contact with animals.
- Avoid drinking water from lakes, rivers, springs, ponds, or streams.
- When travelling in countries where the water supply may be unsafe, avoid drinking unboiled tap water and avoid uncooked foods washed with unboiled tap water. Bottled or canned beverages or pasteurised fruit drinks, and steaming hot coffee and tea are safe to drink. You should check the label on bottled water to make sure it has been properly filtered before drinking.

Where can I get more advice?

- Your own G.P
- You should inform your place of work or in the case of children, the head teacher of the school to find out if exclusion is necessary and when you can return.
- The investigating officer may be contacted on the number below for further advice if required.

Tel: 029 20 87 3823/ 029 2087 3832

Email: communicabledisease@cardiff.gov.uk



Follow us on Facebook: [Communicabledisease](#)