

County of Santa Clara
Public Health Department



Communicable Disease Prevention and Control
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EXPOSURE NOTICE: GIARDIA

Date Issued: _____

Dear Parent, Legal Guardian, or Staff:

Students and staff may have been recently exposed to ***Giardia***. We are providing the information below so you know what steps you can take to protect yourself and others. This information does not replace talking with your doctor if you become sick. ***If you or your child have symptoms, please seek diagnosis and treatment from a healthcare provider as soon as possible.***

GIARDIA: A tiny parasite that causes diarrhea. *Giardia* germs are spread through feces (poop). Anything that can get contaminated by poop, such as soil, water, or diaper changing stations, can potentially spread the germs.

What are the symptoms? Diarrhea, gas, stomach cramps or pain, nausea, vomiting, and/or dehydration.

How is it spread? Eating or drinking contaminated food or water. Touching items contaminated with the feces (poop) of a person that has this illness. Swimming or playing in contaminated water or soil.

When do symptoms start? 1 to 2 weeks after exposure to the parasite.

Do staff or children need to stay home if symptoms develop? Yes, stay home and call your doctor. Your doctor may give you antiparasitic medicine.

When can staff or children go back to work, school, or childcare? The child or staff member can return when they have been symptom-free for 48 hours without the use of medication.

For additional information, visit [cdc.gov/parasites/giardia](https://www.cdc.gov/parasites/giardia).

Good handwashing before preparing or eating food and after using the toilet or changing diapers prevents spread of this disease.