



What is Giardiasis?

- 💧 Giardiasis is a mild diarrhoeal disease, caused by a **parasite**, *Giardia lamblia*.
- 💧 Symptoms of Giardiasis can vary from none to flatulence, bloating, “stomach” cramps and loose greasy stools.
- 💧 Diarrhoea usually lasts for a few days to one week, but in severe cases can take longer and result in weight loss.

How is Giardiasis transmitted?

- 💧 Infected humans excrete the parasite and it can also occur in the excretions of animals.
- 💧 Infection occurs through drinking contaminated water. Water is contaminated by poor sanitation.
- 💧 Infection can also occur by means of person-to-person contact, when personal hygiene is poor. Poor personal hygiene can also lead to the contamination of drinking water and food.

How can Giardiasis patients be treated?

- 💧 Prescription medicine is available for the effective treatment of Giardiasis.
- 💧 HIV patients may require more extensive medical treatment

How can Giardiasis be prevented?

- 💧 Good personal hygiene, such as washing your hands thoroughly with soap and warm water after changing nappies or using the toilet.
- 💧 Infected people that handle food must be booked off.

Reference: DWAF (2003). Management of water-related microbial diseases, RSA

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