

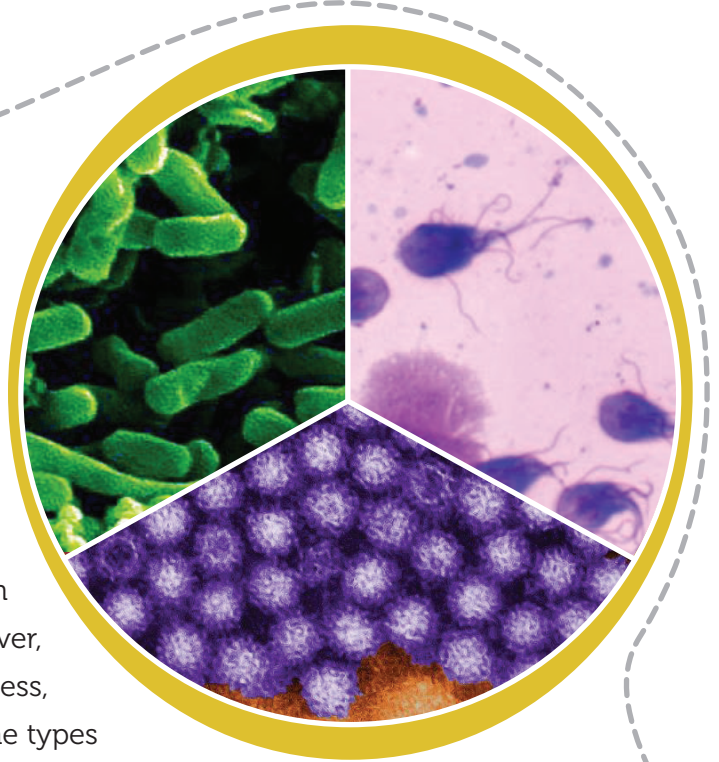
Our Arroyo Ecosystem



Water Borne Diseases including E. coli, Giardia lamblia, and Norovirus

From the Centers for Disease Control and Prevention:

Escherichia coli (E. coli) are a large and diverse group of bacteria that normally live in the intestines of people and animals. Most E. coli are harmless and actually are an important part of a healthy human intestinal tract. However, some E. coli are pathogenic, meaning they can cause illness, either diarrhea or illness outside of the intestinal tract. The types of E. coli that can cause diarrhea can be transmitted through contaminated water or food, or through contact with animals or persons. <http://www.cdc.gov/ecoli/>



Giardia is a microscopic parasite that causes the diarrheal illness known as giardiasis. Giardia (also known as Giardia intestinalis, Giardia lamblia, or Giardia duodenalis) is found on surfaces or in soil, food, or water that has been contaminated with feces (poop) from infected humans or animals. Giardia is protected by an outer shell that allows it to survive outside the body for long periods of time and makes it tolerant to chlorine disinfection. While the parasite can be spread in different ways, water (drinking water and recreational water) is the most common method of transmission. <http://www.cdc.gov/parasites/giardia/>

Norovirus is a very contagious virus. You can get norovirus from an infected person, contaminated food or water, or by touching contaminated surfaces. The virus causes your stomach or intestines or both to get inflamed (acute gastroenteritis). This leads you to have stomach pain, nausea, and diarrhea and to throw up. Anyone can be infected with norovirus and it can be serious, especially for young children and older adults. It is the most common cause of acute gastroenteritis in the United States, each year causing 19-21 million illnesses and 570-800 deaths. The best way to help prevent norovirus is to practice proper hand washing and general cleanliness. <http://www.cdc.gov/norovirus/about/overview.html>

For more information about water borne diseases, go to <http://www.cdc.gov/ncezid/dfwed/waterborne/>
For an A-Z index of water-related topics, go to <http://www.cdc.gov/healthywater/disease/az.html>

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