Giardia lamblia

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The Organism: *Giardia lamblia* is a flagellate protozoa (single cell animal). In the stable cyst stage, the organism can be shed in the feces of infected humans. The cyst cannot multiply outside of a living host.

Sources of the organism:
- Intestinal tracts of infected animals and humans
- Water

Associated foods:
- Water
- Any food handled by an infected food handler

Organism Characteristics: Protozoa which can survive normal water chlorination.

The Disease: Giardiasis results from the consumption of the cyst stage of the *Giardia lamblia* protozoa.

Symptoms include:
- Diarrhea
- Flatulence
- Bloating

Onset time:
- 1-4 weeks

Infective Dose:
- Consuming 1 or more cysts may cause the symptoms of the illness to develop.

Duration of symptoms:
- Weeks

Control:

- Proper disposal of feces and wastewater treatment.
- Proper filtration before chlorination of the water supply.
- Cooking contaminated foods.
- Boiling suspect water.
- Use proper hand washing techniques and practice good personal hygiene procedures.