

County of Santa Clara
Public Health Department



Communicable Disease Prevention and Control
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EXPOSURE NOTICE

Dear Parents:

On _____ your child may have been exposed to the communicable disease or condition that is listed below. The information provided does not replace talking with your healthcare provider if your child is ill. ***If your child has symptoms, please seek diagnosis and treatment from your healthcare provider.***

COMMUNICABLE DISEASE/CONDITION

GIARDIA: An intestinal parasite that causes diarrhea.

What are the symptoms? Diarrhea, excessive gas, bloated and painful abdomen, and/or decreased appetite.

How is it spread? Eating or drinking contaminated food or water. Handling items contaminated with the feces of an infected person. Swimming or playing in contaminated water.

When do symptoms start? 3 to 25 days (most commonly 7 to 10 days) after exposure to the parasite.

Do I need to keep my child home? Yes.

When can my child return to school/childcare? Your child can return when your child has been symptom free for at least 48 hours without the use of medication.

GOOD HANDWASHING BEFORE PREPARING OR EATING FOOD AND AFTER USING THE TOILET OR CHANGING DIAPERS PREVENTS SPREAD OF THIS DISEASE