

Giardiasis

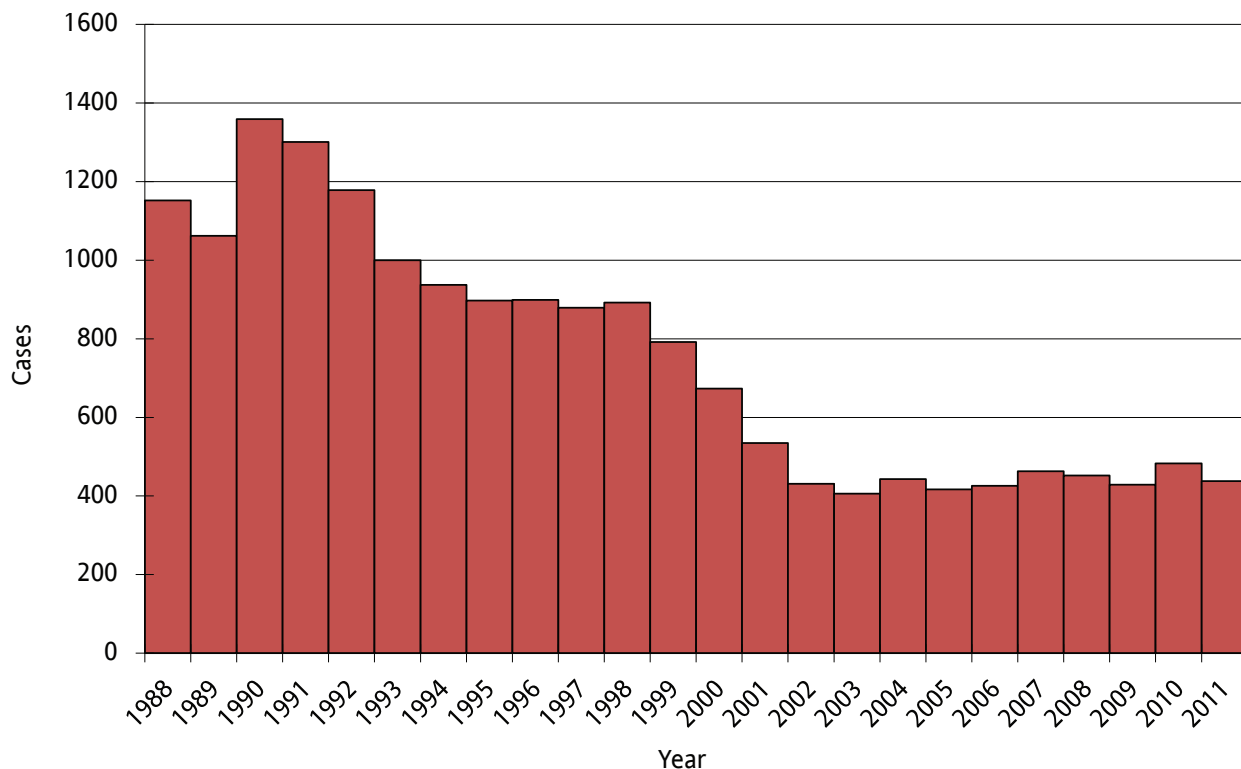
Giardia intestinalis, the flagellated protozoan originally named *G. lamblia*, is the most commonly identified parasitic pathogen in the United States. Children in daycare and their close contacts are at greatest risk, as are backpackers and campers (by drinking unfiltered, untreated water), persons drinking from shallow wells, travelers to disease-endemic areas, and men who have sex with men. *Giardia* cysts can be excreted in the stool intermittently for weeks or months, resulting in a protracted period of communicability. Transmission occurs when as few as 10 cysts are ingested through person-to-person or animal-to-person contact, or by ingestion of fecally contaminated water or food.

The majority of *Giardia* infections occur without symptoms. When symptomatic, patients report chronic diarrhea, steatorrhea, abdominal cramps, bloating, frequent loose and pale greasy stools, fatigue, and weight loss.

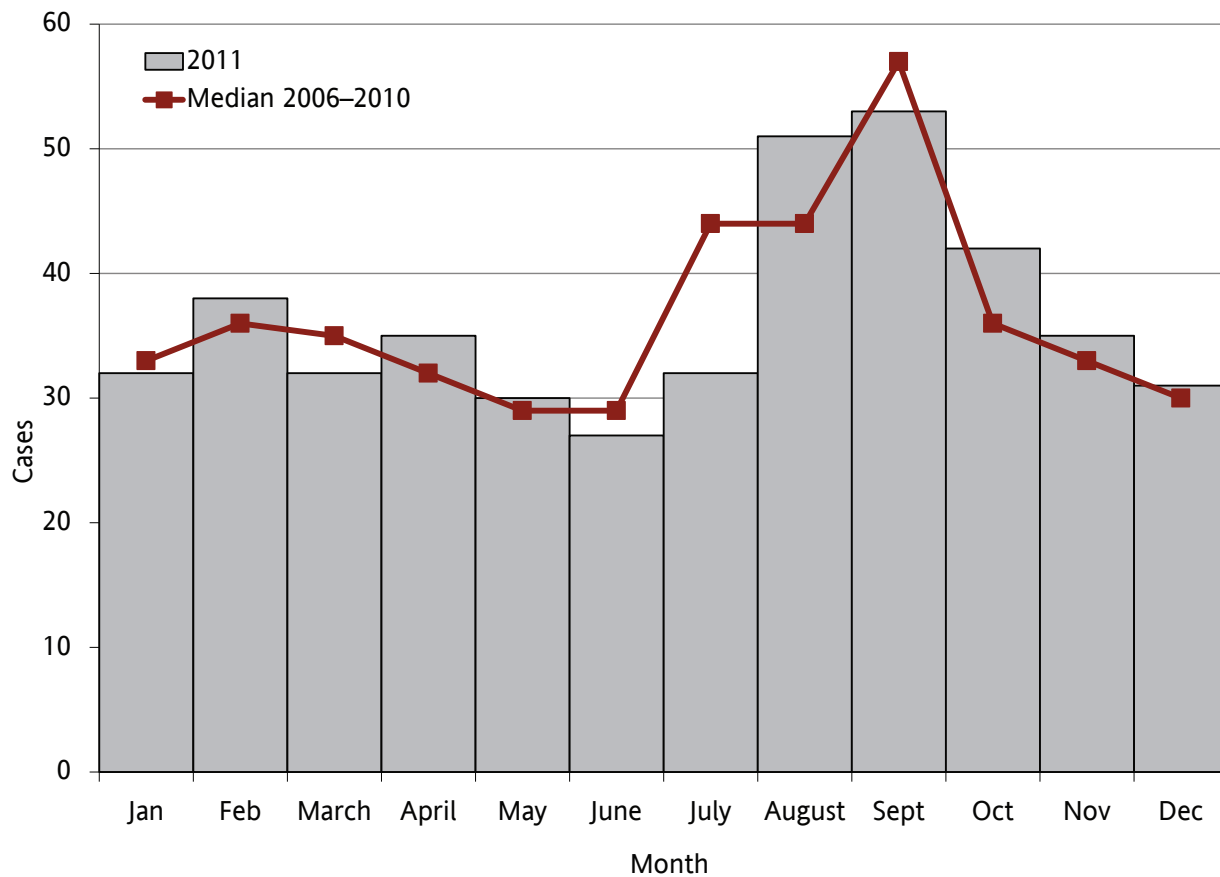
In 2011, the reported incidence of giardiasis in Oregon remained twice that of the rest of the United States, with 11.4 cases per 100,000 population. Fifty-one percent of 2011 cases were reported as sporadic, 10% as household-associated; one outbreak was reported. Children less than 5 years of age continue to have the highest incidence, with 29 cases per 100,000 population. Rates of infection tend to be higher in the summer months with transmission related to outdoor activities in or near untreated water.

Prevention depends upon good personal hygiene (hand washing!) and avoiding consumption of fecally contaminated water. Travel warnings on water quality should be heeded.

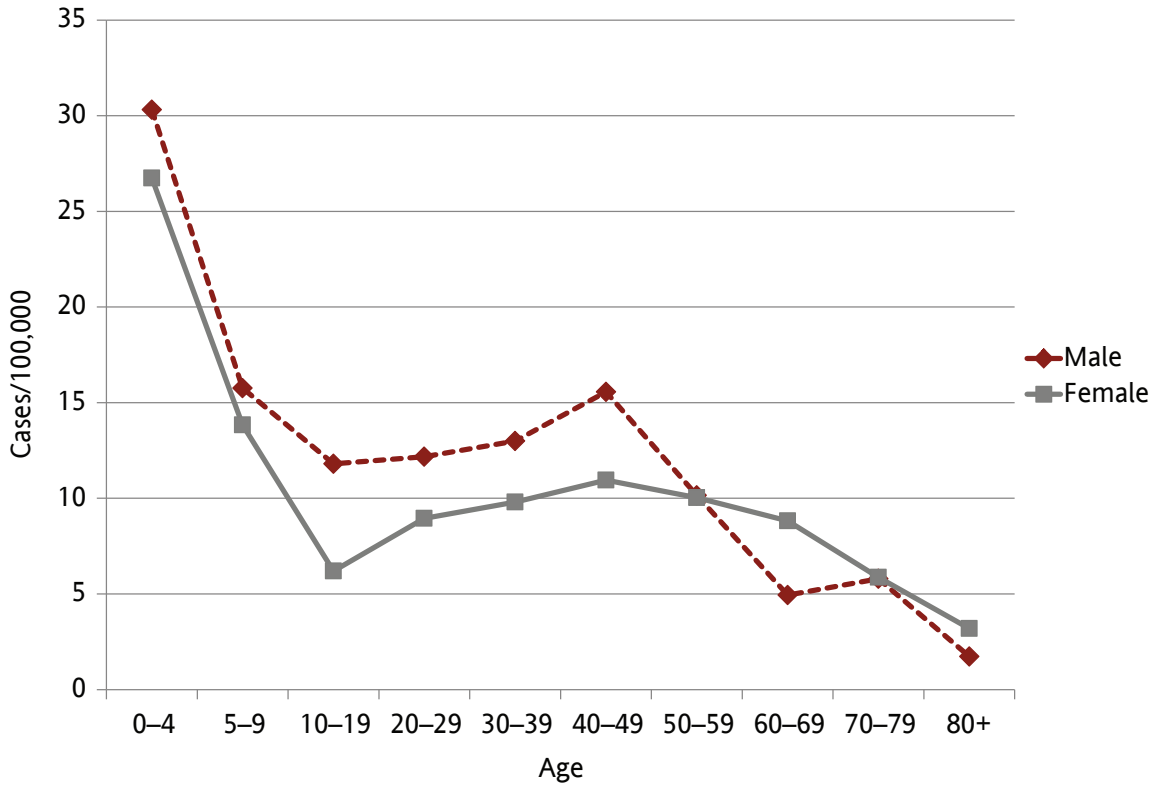
Giardiasis by year: Oregon, 1988–2011



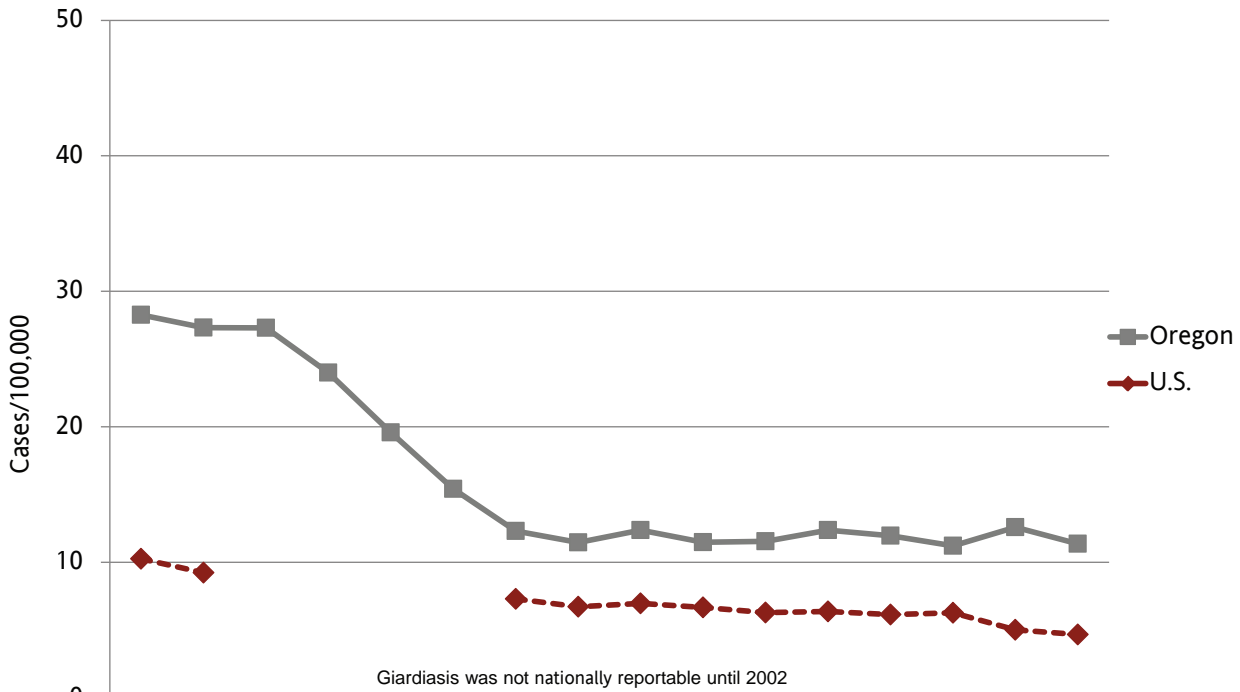
Giardiasis by onset month: Oregon, 2011



Incidence of giardiasis by age and sex: Oregon, 2011



Incidence of giardiasis: Oregon vs. nationwide, 1996–2011



Giardiasis was not nationally reportable until 2002

	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011
Oregon	28.3	27.3	27.3	24.0	19.6	15.4	12.3	11.5	12.4	11.5	11.5	12.4	11.9	11.2	12.6	11.4
U.S.	10.3	9.2					7.3	6.7	7.0	6.7	6.3	6.4	6.1	6.3	5.0	4.7

Incidence of giardiasis by county of residence: Oregon, 2002–2011

