

## Cleaning Recommendations for Cryptosporidiosis

2/13/2020

Cryptosporidium is resistant to chlorine disinfection so it is tougher to kill than most disease causing germs. The usual disinfectants, including most commonly used bleach solutions, have little effect on the parasite. Cryptosporidium is not killed by alcohol gels and hand sanitizers so these materials are of little use in controlling an outbreak.

An application of hydrogen peroxide seems to work best. Soak contaminated surfaces for 20 minutes with a 3% hydrogen peroxide (99% kill rate), and then rinse them thoroughly. No disinfectant is guaranteed to be completely effective against Cryptosporidium. However, hydrogen peroxide is more effective than standard bleach solutions.

**Do not mix hydrogen peroxide and beach solutions, the two chemicals may react violently.** In certain situations (for example, if an outbreak is caused by two or more types of germs) it may be necessary to disinfect surfaces and objects with both hydrogen peroxide and a bleach solution. If so, disinfect with the bleach solution first and thoroughly rinse with water. Then, soak with hydrogen peroxide for 20 minutes and thoroughly rinse with water.

**Note:** Hydrogen peroxide breaks down when exposed to sunlight. Store hydrogen peroxide in dedicated opaque containers – never reuse the containers for a different chemical.

- **Disinfect your home/daycare in this way:**
  - Bathrooms, diaper-changing areas, and food preparations surfaces daily.
  - Toys, tabletops, and high chairs more frequently than usual (at least twice daily).
  - Dishwasher-safe toys in a commercial dishwasher that has a dry cycle or a final rinse that exceeds 113°F for 20 minutes or 122°F for 5 minutes or 162°F for 1 minute.
  - Cloth toys may be washed and heat dried on the highest clothes dryer heat setting for 30 minutes.
- **Disinfect your pool/hot tub in this way:**
  - Chlorine stabilizer present:
    - Hyperchlorinate. Chlorine stabilizer slows the rate at which free chlorine inactivates or kills the *Cryptosporidium*, and the more stabilizer there is in the water the longer it takes to kill the parasite.
    - Raise the free chlorine concentration to 20 ppm and maintain it for 28 hours or 30 ppm and maintain it for 18 hours or to 40 ppm and maintain it for 8.5 hours.
  - Chlorine stabilizer absent:
    - Raise the free chlorine concentration to 20 ppm and maintain it for 12.75 hours or 10 ppm and maintain it for 25.5 hours.