

TIP SHEET for *Giardia* Case Investigations

- **Disease:** *Giardia* is the most common intestinal parasitic infection in the United States and can cause both symptomatic and asymptomatic infection. Symptomatic individuals experience diarrhea, gas, foul-smelling, greasy stools, abdominal cramps, and vomiting that lasts 2 to 6 weeks. An estimated 9% of individuals require hospitalization.
- **Transmission & Incubation Period:** *Giardia* is most commonly transmitted person-to-person in situations where exposure to infected feces is likely, including international travel to areas with poor sanitation, child care centers, close contact (including sexual contact) with infected individuals, and swallowing of contaminated drinking or recreational water. It is less common for giardiasis to be associated with contaminated food or food handlers. Symptoms begin 1 to 3 weeks after exposure.

① Notification	<ul style="list-style-type: none"> • LBOHs have primary responsibility to investigate cases of <i>Giardia</i> in their jurisdiction. New cases will flow into your “LBOH Notification for Routine Disease” workflow.
② Get Prepared	<ul style="list-style-type: none"> • Familiarize yourself with the disease: MDPH Fact Sheets, MDPH Guide to Surveillance • Review foodhandler exclusion criteria from 105 CMR 300 for cases and their household contacts. Implementing the Exclusion of Food Handlers with Reportable Conditions A food handler is defined as any person directly preparing or handling food; any person handling clean dishes or utensils; any person who dispenses medications by hand, assists in feeding, or provides mouth care. <ul style="list-style-type: none"> ▪ In healthcare: this includes those who set up trays for patients to eat, feed or assist patients in eating, give oral medications or give mouth/denture care. ▪ In child care programs, schools, and community residential programs: this includes those who prepare food for clients to eat, feed or assist clients in eating, or give oral medications. • Review demographic and laboratory information available in MAVEN for the case. <ul style="list-style-type: none"> ○ <i>Giardia</i> testing is a routine part of refugee health assessments. When in a MAVEN <i>Giardia</i> event, the Cross Product Notifier will alert you as to whether the individual has a MAVEN Refugee event in green text (MAVEN Refugee event will be read-only for LBOH users).
③ Contact Ordering Provider	<ul style="list-style-type: none"> • The name and facility of the ordering provider can be found in the lab tab in the case’s MAVEN event. • During call with provider’s office: <ul style="list-style-type: none"> ○ Confirm case’s contact information, collect additional phone number(s) or email address ○ Obtain symptom onset date and clinical presentation ○ Collect information on any potential exposures identified during visit (e.g., travel) ○ Request case’s occupation and employer, if available ○ Ask if the case has been informed of their diagnosis • If the ordering provider cannot be reached in a timely manner, proceed to case interview.
④ Contact Case	<ul style="list-style-type: none"> • Introduce yourself, why you are calling, what you will use information for, and who has access to the information they provide. • Complete all questions in the Demographic and Clinical question packages. • Complete all questions in the Risk/Exposure question package for the 3 weeks prior to symptom onset, or specimen date if the case was asymptomatic. <ul style="list-style-type: none"> ○ For individuals who immigrated to the United States in the 3 months prior to lab testing, answer “Yes” to the question “Did case travel out-of-state or out-of-country during incubation period?” Document the date they arrived in the U.S. as the “To date” and country of origin as “Destination country.” • Provide education on the disease and guidance on how to prevent further spread to their household members and close contacts.

<p>⑤ Prevent Further Transmission</p>	<p>Food handlers</p>	<ul style="list-style-type: none"> If individual meets the 105 CMR 300 definition of a food handler (see definition in “② Get Prepared”), they must be excluded from food handling duties until meeting clearance criteria: <ul style="list-style-type: none"> In non-outbreak circumstances: after diarrhea has resolved, one negative stool specimen produced 48 hours after completion of any antimicrobial therapy. Implementing the Exclusion of Food Handlers with Reportable Conditions
	<p>Child care</p>	<p>Exclusion:</p> <ul style="list-style-type: none"> Most staff in child care programs are considered food handlers. Staff should be excluded following food handler criteria above. Children should be excluded until diarrhea has resolved, and in accordance with child care program’s illness policy. <p>Identify if there is an outbreak at the facility:</p> <ul style="list-style-type: none"> Contact the facility (or the local health department where the facility is located, if outside your jurisdiction) to find out if others are experiencing similar illness.
	<p>Long-term care</p>	<p>Exclusion & precautions:</p> <ul style="list-style-type: none"> Staff who meet the definition of a food handler should be excluded following food handler criteria above. Residents should be placed on standard plus contact precautions for the duration of their illness. Infection Prevention in Long Term Care: Gastrointestinal Illness <p>Identify if there is an outbreak at the facility:</p> <ul style="list-style-type: none"> Contact the facility (or the local health department where the facility is located, if outside your jurisdiction) to find out if others are experiencing similar illness.
<p>⑥ Notify DPH as Needed</p>	<ul style="list-style-type: none"> Suspected outbreaks are reportable to MDPH within 24 hours. If case investigation indicates that two or more people from different households became ill with similar symptoms after a common exposure, notify the Division of Epidemiology: (617) 983-6800. 	
<p>Other Notes</p>	<ul style="list-style-type: none"> It is recommended that three call attempts are made at different times of day to reach a case for interview. Consider texting or emailing a case requesting a call back if they are not responsive. <ul style="list-style-type: none"> If a case cannot be reached, collect the following from the ordering provider before closing out the case: symptom onset and clinical presentation, occupation and employer, and any exposure information available in the medical notes. Completion of all exposure questions in the MAVEN Risk Question Package is essential for detecting outbreaks and preventing further transmission. Many exposure questions for this disease will appear as child questions based upon specific answers in earlier questions. 	
<p>Additional Resources</p>	<ul style="list-style-type: none"> May 2022 webinar: Introduction to Enteric (Gastrointestinal Illness) Disease Case Investigations Slides, Recording MDPH Division of Epidemiology: (617) 983-6800 	