

## Giardiasis: An Infectious Disease

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### Abstract

An inflammation in the small intestine is giardiasis. It is caused by *Giardia lamblia*, a microscopic parasite. Via contact with infected individuals, giardiasis spreads. And by consuming infected food or drinking contaminated water, you can get giardiasis. Pet dogs and cats often contract giardia regularly.

According to the Centers for Disease Control and Prevention (CDC), this disorder can be observed all over the world. However in overcrowded developed nations that lack sanitary facilities and regulation of water quality, it is more normal.

### Causes of Giardiasis

*G. lamblia* is present in the urine of animals and humans. In infected food, water and soil, these parasites also prosper, and can live outside a host for long periods of time. Eating these parasites inadvertently will lead to an infection.

Drinking water containing *G.* is the most natural means of having giardiasis. *Lamblia!* *Lamblia!* Swimming pools, spas, and bodies of water such as lakes, can contain polluted water. Animal urine, diapers, and agricultural runoff are among the sources of pollutants.

Giardiasis may also be transmitted through personal touch. Unprotected anal sex, for instance, can spread the disease from one person to another.

There are also possible ways to get infected by changing a child's diaper or picking up the parasite while working at a day care facility. Kids are at high risk for giardiasis and when wearing diapers or potty training, they are likely to experience faeces.

### Symptoms of Giardiasis

Without experiencing any symptoms, some people can carry *Giardia* parasites. In general signs of giardiasis occur one to two weeks after exposure. Symptoms that are popular include:

fatigue

nausea

diarrhea or greasy stools

loss of appetite

vomiting

### Diagnosis of Giardiasis

For examination, you will have to send one or more stool samples. Your stool sample for giardia parasites will be tested by a technician. During recovery, you may have to send further tests. An enteroscopy can also be done by the doctor. Running a lightweight tube down your throat and through your small intestine is part of this process. This will encourage your doctor to take a tissue sample and analyse your digestive tract.

### Treatments for giardiasis

Metronidazole is an antibiotic that requires five to seven days of use. It can induce nausea and leave the mouth with a metallic taste.

Tinidazole is as effective as metronidazole and sometimes, with a single dosage, treats giardiasis.

For infants, nitazoxanide is a common alternative since it is available in liquid form and can only be used for three days.

Paromomycin has a smaller risk than other antibiotics of producing birth defects, but pregnant women can wait until after conception before taking any giardiasis drug. Over the period of 5 to 10 days, this drug is given in three doses.

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**Prevention of Giardiasis**

You can't avoid giardiasis, but by thoroughly washing your hands, you can lower your risk of having it, especially if you work in areas where germs spread easily, such as day care centres.

The origins of giardia can all be wetlands, lakes, rivers, and other bodies of water. When you go swimming in one of these, don't swallow it. Unless it has been boiled, iodine-treated, or filtered, prevent drinking surface water. When you go hiking or camping, bring bottled water home with you.

Don't drink tap water while living in an area where giardiasis happens. With tap water, you should also stop cleaning your teeth. Bear in mind that ice and other drinks can also contain tap water. Stop eating local food that is uncooked.

Be vigilant of sexual activities, such as anal intercourse, associated with the transmission of this infection. To decrease the risk of contracting giardiasis, use a condom.