

for months. Chief modes of transmission are person to person, food, and animals, especially puppies. Contaminated water, especially in mountain lakes and streams, and swimming or wading pools frequented by diapered infants are common sources of transmission. In children, person-to-person transmission is the most likely cause. Studies indicate swimming pool filters and interactive water fountains to be sites of contamination ([Yoder, Gargano, Wallace, et al, 2012](#)). Although individuals infected with giardiasis may be asymptomatic, common symptoms include abdominal cramps and diarrhea ([Box 6-4](#)).

Box 6-4

Clinical Manifestations of Giardiasis

Infants and young children:

- Diarrhea
- Vomiting
- Anorexia
- Growth failure (failure to thrive)—if chronic exposure

Children older than 5 years old:

- Abdominal cramps
- Intermittent loose stools
- Constipation

Stools that are malodorous, watery, pale, and greasy

Spontaneous resolution of most infections in 4 to 6 weeks