

Common Waterborne Diseases and Symptom Cards

Typhoid fever, caused by *Salmonella typhi* bacteria.

Case background:

Symptoms occurred ten days after attending a family camp
Discovered that camp's sewage system was faulty and chlorinator was not functioning
Family reunion used same camp the previous week; two people attended who had recently recovered from typhoid fever.
Began feeling lethargic with general aches and pains
Malaise—general weakness and discomfort, and anorexia—loss of appetite
Developed high fever, became delirious
Tender abdomen with rose-colored spots on skin

Legionnaire's disease, caused by *Legionella pneumophila* bacteria.

Case background:

Chain smoker living in warm climate
Lives in a home that is constantly air conditioned during summer months
Sudden onset of fever that progressed to a high fever with shaking chills
Developed a cough and excessively rapid breathing
Pain in chest; lungs have rattling sound when breathing
General, diffuse muscular pain and tenderness
Intense headache and mental confusion

Cholera, caused by *Vibrio cholerae* bacteria.

Case background:

Recently returned from Bangladesh
Symptoms occurred two days after eating fruit thoroughly washed at outdoor pump
Family members have begun coming down with the same symptoms
Severe dehydration
Painless diarrhea, vomiting
Severe muscular cramps in arms, legs, hands, and feet
Eyes and cheeks appear sunken; hands have dish-washing appearance



Amebiasis, caused by *Entamoeba histolytica*, a protozoan.

Case background:

Returned from Thailand two weeks ago
Drank unbottled water
Feverish
General abdominal discomfort and tenderness, especially on lower right side
Dysentery
Tires easily, mental dullness
Moderate weight loss

Enterotoxigenic *E. coli* gastroenteritis, caused by *E. coli* bacteria.

Case background:

Just returned from visiting friends in Mexico
Symptoms began 12 hours after drinking several swallows of water from a bucket pulled from a well
Experiencing dehydration caused by diarrhea
General, diffuse muscular pain and tenderness
Low-grade fever
Nausea, vomiting
Abdominal cramps

Giardiasis, caused by the *Giardia lamblia* protozoan.

Case background:

Symptoms occurred two weeks after backpacking trip
Filled water bottle with clear, fresh-tasting water from a stream below a beaver dam
Abdominal cramps
Intermittent dysentery (which is greasy and odorous)
Excessive intestinal gas
Malaise—general weakness and discomfort
Weight loss



Salmonellosis, caused by species of *Salmonella* bacteria.

Case background:

Lives on a ranch that raises cattle and chickens
Symptoms occurred 10 hours after drinking from pump outside of barn (ground water may have been contaminated by surface water in the pasture after heavy rain)
Malaise—general weakness and discomfort
Fever
Dysentery
Abdominal cramps
Nausea and vomiting

Shigella, caused by species of *Shigella* bacteria.

Case background:

Four years old
Symptoms began 15 hours after bobbing for apples in pre-school class
Severe abdominal cramps
Frequent, painful dysentery
Blood and mucus in stool
High fever, chills
Dehydration

Hepatitis A. caused by *Hepatitis A* virus.

Case background:

Visited favorite beach and swam with friends
Malaise—general weakness and discomfort
Anorexia—loss of appetite
Fever
Nausea, mild diarrhea
Jaundice—yellowing of skin and whites of eyes
Sick for a week



Control Card. (Individual has no waterborne illness.)

Case background:

Lives in an apartment in the city
Chain smoker living in a warm climate
Drinks tap water
Pain in chest; lungs have rattling sound when breathing
Visited favorite beach and swam with friends
Recently visited an alligator farm
Eats lots of fresh seafood

Cryptosporidiosis, caused by *Cryptosporidium*.

Case background:

Four years old
Attends a daycare center five days a week
Diarrhea
Nausea and vomiting
Fever
Sucks thumb
Recently swam in a local pond

Control Card. (Individual has no waterborne illness.)

Case background:

Lives on a ranch that raises cattle and chickens
Just returned from visiting friends in Mexico
Lives in a home that is constantly air conditioned during summer months
Is tired in the late afternoon
Often conducts pack trips in the mountains
Works 14 hours a day, usually seven days a week
Drinks eight glasses of water per day

