

Giardiasis



Infectious Disease
Epidemiology &
Prevention Division

September 2026

What is Giardiasis?

Giardiasis is a diarrheal illness caused by the parasite, *Giardia*. The parasite can be found in soil, food, or water that has been contaminated with stool (poop) from an infected person or animal. *Giardia* spreads easily from one person to another through water, food, and surfaces that are contaminated with the parasite.



Why do I need to stay home?

- To protect vulnerable populations from getting sick
- Resting at home allows your body to recover faster
- *Giardia* is contagious while symptomatic, and can spread easily from person to person without proper handwashing

If you work or attend a high-risk setting, extra exclusions may apply.



Food service

Indiana code requires the following before returning to work:

- Staying home until symptoms stop for more than 24 hours **and**
- Receiving education on how to prevent this illness at home and at work



Childcare/school attendee

Indiana code requires the following before returning to work or attending school/childcare:

- Staying home until symptoms stop for more than 24 hours **and**
- Completing effective treatment **and**
- Receiving education on how to prevent this illness at home and at work



Healthcare and long-term care facilities

Indiana code requires the following before returning to work:

- Staying home until symptoms stop for more than 24 hours **and**
- Receiving education on how to prevent this illness at home and at work



Aquatic venues (e.g., swimming pools, whirlpool spas, wading pools, water parks, interactive fountains, lakes)

Indiana code the patient to be excluded from aquatic venues until:

- Symptoms stop for a least two weeks

For more information, visit the Indiana Department of Health
Giardiasis webpage.

