

**GIARDIA IN WILDLAND WATERS:  
INFORMATION FOR NATIONAL PARK MANAGERS**



**WATER RESOURCES REPORT NO. 86-1**



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NATIONAL PARK SERVICE  
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## TABLE OF CONTENTS

|  | <u>Page</u> |
|--|-------------|
| Foreword . . . . .   | v           |
| <u>Giardia</u> and Other Pathogens in Western Watersheds . . . . . | 1           |
| Water Purification Principles and Methods . . . . .                | 17          |
| Bibliography: <u>Giardia</u> and Giardiasis . . . . .              | 25          |



## FOREWORD

This report is a collection of basic information intended to be an overview on the protozoan parasite Giardia. The different sections of this paper are excerpted from two more lengthy documents that include a research study and a convention proceedings. The first section contains the manuscript of a paper presented at the Society of American Foresters 1985 National Convention. This paper is a brief overview of pathogens found in watersheds of the Western United States, with particular emphasis on Giardia, its pathogenesis, and its distribution. The second section contains an excerpt (Appendix C) from a recently published study on the incidence of Giardia in Rocky Mountain National Park, Colorado. In this section, backcountry water purification techniques are discussed in terms of their relative effectiveness against Giardia. The third section contains the bibliography from the same Rocky Mountain National Park report and is included to direct readers to other, often more comprehensive, sources of information on Giardia.

It is our hope that this report provides the basic information and resources necessary for National Park Service personnel to begin to familiarize themselves with this important issue. Giardia contamination of surface waters continues to spread into remote reaches of our national parks and other protected areas where visitors are accustomed to finding pure and safe drinking water. This is no longer the case in many areas, and public education about the risks of drinking untreated water is becoming increasingly important. Therefore, those of us working in NPS units must be informed about Giardia so that we can manage our parks to provide the best and healthiest outdoor experiences possible for our millions of visitors each year.

GIARDIA AND OTHER PATHOGENS  
IN WESTERN WATERSHEDS

Kirke Martin  
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"GIARDIA AND OTHER PATHOGENS IN WESTERN WATERSHEDS"<sup>1</sup>

by

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ABSTRACT.--Waterborne pathogens and parasites can be a problem in surface waters in wildland and forested areas. The parasite Giardia has become a particular problem in areas with cold surface waters such as the Rocky Mountains and the Pacific Northwest. Wildlife in these areas have been found to carry and transmit Giardia cysts, and such water-dwelling mammals as beaver and muskrats are common vectors of Giardia. Recently, field samplers have been developed that are suitable for testing water in remote areas for Giardia. Many forest management concerns arise in connection with the presence of Giardia in wildlands; for example, how should wildlife management goals reflect considerations of the presence and transmission of Giardia?

INTRODUCTION

Much of the surface water in this country and in the world is highly polluted; however, there are portions of many watercourses that are of relatively high quality. These high quality waters are deceptively considered "pure" and "safe for drinking" by many people who later regret their simple act of consuming untreated water. This is especially true of many neophyte backpackers, campers, hunters, fishermen, hikers, and outdoor-oriented people. The "experienced" outdoor

<sup>1</sup>A paper presented at the Society of American Foresters 1985 National Convention held in Fort Collins, Colorado, on July 28-31, 1985.

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people, either from personal experience or other means of education, understand that it is much better to be safe and treat the water they use in order to avoid the unpleasant results possible from contracting a waterborne disease of bacterial, viral, or parasitic etiology. There exists a long list of possible waterborne diseases, and the following are only the more common ones (Brown 1983; CDC 1984):

| <u>DISEASE</u>        | <u>AGENT</u>                                |
|-----------------------|---|
| BACTERIAL DISEASES    |   |
| Legionnaire's disease | <u>Legionella pneumophila</u>               |
| Colibacillosis        | enteropathogenic<br><u>Escherichia coli</u> |
| Cholera               | <u>Vibrio cholera</u>                       |
| Typhoid fever         | <u>Salmonella typhi</u>                     |
| Enteric fever         | <u>Salmonella paratyphi</u>                 |
| Salmonellosis         | <u>Salmonella typhimurium</u>               |
| Bacillary dysentery   | <u>Shigella species</u>                     |
| Melioidosis           | <u>Pseudomonas pseudomallei</u>             |
| Leptospirosis         | <u>Leptospira species</u>                   |
| Yersiniosis           | <u>Yersinia enterocolitica</u>              |
| Campylobacteriosis    | <u>Campylobacter jejuni</u>                 |

#### VIRAL DISEASES

|  |                   |
|--|-------------------|
| Hepatitis                                | Hepatitis A virus |
| Polio                                    | Polio virus       |
| Enteroviral<br>gastroenteritis           | Enterovirus       |
| Norwalk syndrome                         | Norwalk virus     |
| Rotavirus gastro-<br>intestinal syndrome | Rotavirus         |

## PARASITIC DISEASES

|                      |                              |
|----------------------|------------------------------|
| Intestinal roundworm | <u>Ascaris</u>               |
| Blood flukes         | <u>Shistosoma</u>            |
| Amoebic dysentery    | <u>Entamoeba histolytica</u> |
| Lung flukes          | <u>Paragonimus</u>           |
| Giardiasis           | <u>Giardia lamblia</u>       |

Of these, the most prevalent reported waterborne disease in the United States has been giardiasis (CDC 1984). Giardia infections have headed the list for the last six years and have caused 43 percent of the reported waterborne disease outbreaks since 1971 (CDC 1984). In Colorado in 1984, there were 928 cases of laboratory-confirmed giardiasis (CDH 1985a,b), and Oregon reported 1,057 cases during the same year (Brown 1985). A large percentage of these cases result from drinking untreated surface water.

### THE PARASITE GIARDIA

Members of the genus Giardia are pathogenic intestinal parasites that have two stages to their life cycle: the vegetative or reproductive stage that causes the symptoms of giardiasis, the trophozoite; and the dormant or transmission stage that survives out of the host and is the infective agent in waterborne giardiasis, the cyst.

The trophozoite was first described by Leeuwenhoek in 1681 (Feely et al. 1984). It is a dorsoventrally flattened, pear-shaped body. The general appearance of the trophozoite has been likened to a "monkey face." The size of the trophozoite ranges from 9-21 micrometers long, 5-15 micrometers wide, and 2-4 micrometers thick.

The Giardia cyst is oval or ellipsoidal in shape, has a thick and protective exterior wall, ranges from 10-15 micrometers by

7-10 micrometers, and generally has four nuclei. The cyst stage of the organism is resistant to some environmental stress, and infection in humans occurs by ingesting cysts.

### Life Cycle and Pathogenesis

Until the early 1960's parasitologists considered Giardia to be a non-pathogenic commensal or opportunistic pathogen in humans because large numbers of cysts may be found in the stools of asymptomatic people (Lin 1985). They were wrong.

The trophozoite colonizes the upper small intestine (duodenum, jejunum and upper ileum) of humans. In severe infections trophozoites have been reported on every epithelial cell (Erlandsen and Feely 1984). The trophozoites may be excreted in the feces but will disintegrate rapidly and are not infective if ingested. For still unknown reasons, encystment occurs in the gut, and the cysts are excreted in the feces by the infected host. The cyst is somewhat resistant to various environmental factors, and it may survive for a period of from several days to several months and be infective for new hosts. Cysts require moist environments and cold temperatures for prolonged survival. Once ingested by humans, the cysts pass through the stomach to the upper small intestine, and within 30 minutes of ingestion the cyst will excyst to produce two trophozoites (Lin 1985). The trophozoites then proceed to multiply asexually and colonize the gut, thus starting the cycle again.

### Infection and Symptoms

Once the trophozoites are established in the upper small intestine, they may produce the signs and symptoms of giardiasis; however, not all persons infected with Giardia will show them. Classical giardiasis is



manifested by symptoms that include mild diarrhea, malaise, weakness, fatigue, dehydration, weight loss, abdominal distension, flatulence, anorexia, abdominal cramps, and epigastric tenderness, and may lead to steatorrhea and malabsorption (Wolfe 1984). The symptoms may last for many months and be difficult to eliminate if the infection is not diagnosed. Although giardiasis is not fatal (there have been four deaths attributed to giardiasis, but it is not known if death was caused by the disease or was a result of secondary complications) (Lin 1985), one might wish it were because the symptoms can be seriously debilitating.

#### Treatment

Generally the symptomatic cases are the only ones treated. There are three prescription drugs and one experimental drug used to treat giardiasis in the United States. Most have side effects and all must be monitored closely. The drugs are 1) quinarine (Atabrine), 2) metronidazole (Flagyl), 3) furazolidone (Furoxone), and 4) paromomycin (Humatin--EXPERIMENTAL) (Wolfe 1984).

#### Transmission and Cross Transmission

Transmission of Giardia is via the fecal-oral route (Owen 1984). Cross transmission studies have shown that Giardia cysts isolated from humans, dogs, cats, muskrats, and beaver were not host-specific and could infect any or all of the other listed hosts (Jakubowski and Hoff 1979). Other domestic and wild animals have been implicated and research is underway to elucidate their role in the spread of Giardia.

#### Reported Outbreaks

The first documented outbreak of waterborne giardiasis in the United States was in Aspen, Colorado, during the 1965-66 winter ski

season (CDC 1984). Previous to this time there were reported cases of giardiasis in travelers, particularly in those who had been in the Leningrad area of the Soviet Union. Most of the waterborne outbreaks in the United States have occurred in the mountainous areas of the country: New England, the Pacific Northwest, and Rocky Mountain areas. Generally these outbreaks involve small municipal water systems or semi-public systems in recreational areas (McCall et al. 1985). Most outbreaks result from consumption of contaminated untreated or minimally treated surface waters such as those that are chlorinated only. Traditionally, the mountainous areas of the country depend on surface waters for drinking water, and in these areas the water is generally assumed to be of good quality, with little or no sewage contamination; therefore, minimal treatment has been assumed to be adequate. Conversely, the plains states generally rely on ground water for drinking water. If surface waters are used as drinking water sources on the plains, the quality of the water is generally poor, and complete water treatment programs are utilized. However, consuming untreated or incompletely treated surface water in the plains areas could result in giardiasis, and outbreaks from these causes have been reported (Lin 1985; McCall et al. 1985). Most outbreaks are only reported if several people are infected from a common source. Single cases of giardiasis, such as in campers, hikers, etc., are not reported and usually are considered in a rather humorous manner, particularly when the patient is asked personal and embarrassing questions about his or her drinking and hygiene habits.

#### CASE STUDIES

Purgatory, Colorado. In March, 1984, there was a waterborne outbreak of giardiasis at the Purgatory ski area in southwestern Colorado.

The normal drinking water source for this small, semi-public system was a deep well, but the pump on the well had failed. The secondary water source was a surface water reservoir normally used for snowmaking. There was no capability to treat the secondary source except to chlorinate. Although the chlorine was elevated to high levels, it was insufficient to prevent Giardia cyst survival. Lawsuits have been rampant and are now being settled (AWWA 1985; CDH 1984, 1985b).

Camas, Washington. In April and May, 1976, an outbreak of waterborne giardiasis involving approximately 600 people occurred in Camas, Washington. The city water system used deep wells and surface water. Giardia was isolated from beaver in the two watersheds supplying the surface water to the city. A breakdown in the water treatment system allowed Giardia cysts to enter the distribution system (Jakubowski and Hoff 1979; Kirner et al. 1978).

Bradford, Pennsylvania. Late in 1979, an outbreak of waterborne giardiasis was reported in Bradford, Pennsylvania. Giardia cysts were isolated from a beaver in the surface water reservoir supplying the system. Chlorination was the only treatment the water received (Lippy 1981).

Uinta Mountains, Utah. In 1974, there was a waterborne giardiasis outbreak among campers using untreated surface water from an isolated stream in the Uinta Mountains (Barbour et al. 1976).

Whitefish, Montana. An outbreak of waterborne giardiasis occurred in Whitefish, Montana, in May of 1985. Surface water was used as the source for the municipal water system and the only treatment used was chlorination. Giardia cysts were found in the distribution system (Hibler 1985).

Other Cases. The list of Giardia outbreaks is long and involves states from coast to coast (Rome, NY; Estes Park, CO; Berlin, NH; Aspen, CO; Idyllwild, CA; Essex Center, VT; etc.). It shows that surface water with no treatment, limited treatment (chlorination only), or incomplete treatment (whether due to inadequate treatment facilities or breakdowns in treatment systems) is implicated in waterborne disease outbreaks, especially giardiasis (Lin 1985).

#### GIARDIA SAMPLING

Watershed management specialists sometimes need to determine if an area is infected with Giardia, as in a watershed where surface waters serve as the water supply for a municipality. Often the desire to test for Giardia follows a local epidemic and the need to confirm contamination of the water. However, Giardia sampling is complicated and requires special procedures. Analysis for Giardia requires the services of specialists.

As compared to the familiar test for coliform bacteria and other bacterial groups where procedures are simple and testing is possible in many local laboratories, there is no cultural method yet available for the detection of Giardia cysts in water (Jakubowski 1984). It is also not practical to rely on filtering small volumes of water for detecting Giardia, as can be done with bacteria. Identification of Giardia cysts in surface waters or in watersheds can be done in several ways, including the following three that are common:

- large volumes of water (100 gallons or more) can be pumped or allowed to flow through filters that will capture any cysts present for later identification;

- wildlife scat can be collected from a watershed for later analysis to see if the animals are infected with Giardia;
- people suspected of having giardiasis and who are using the same water supply can be tested for positive confirmation of cysts in stool specimens; such epidemiological evidence indirectly implicates the water as the Giardia source.

The water, animal scat, or stool specimens then require special preparation and microscopic examination by specialists to visibly confirm the presence of Giardia cysts. An alternate but much more time-consuming and expensive method is to feed laboratory animals the water or fecal samples to see if the animals become infected with Giardia in about 10 days or more. Some research is currently underway to utilize dyes, fluorescent antibody stains (Shulters and Sorenson 1984), or other Giardia detection methods that will reduce the time required for analysis and simplify the technique.

As yet there is no standard Giardia sampling device; they are all still in experimental stages. In 1976, EPA developed a sampler suitable for water treatment plant supplies that uses a 1.0 micrometer wound cartridge filter. Water is run through the filter (usually several hundred gallons) and the filter is transported under refrigeration to the laboratory where the filter extract is examined microscopically for Giardia cysts. Procedures involving centrifugation of the filter extract make it possible for the analyst to isolate and detect only a few cysts occurring in several hundred gallons of the sampled water.

A modification of the original EPA model used a small flume set in a stream so that several hundred gallons of water could be sampled by

gravity (Williams 1981). In their 1983 work at Lolo National Forest, watershed specialists used this gravity method to test for Giardia in streams (Metzmaker 1983; Rosquist 1984). This system is slow in collecting a sample, but the advantage is that stream flow is observed over several hours.

Monzingo and others at Colorado State University use a small bilge pump, filter holder, and automobile battery (Monzingo 1985). The U.S. Geological Survey (Sorenson 1984; Suk 1984) in California and the National Park Service in Colorado (Kunkle et al. 1985) have employed a lighter gel-cell battery to develop a backpack sampler. The advantage is that large-volume samples can be gathered in a shorter period of time than with the slower gravity-flow models. Handpump models also have been tested, but sampling several hundred gallons by hand obviously represents a certain bicep expense.

In some cases beaver and muskrat scat have been collected from watersheds or trapped animals. Scat samples positive for Giardia cysts are used as indices of the presence of Giardia in surface waters (Dykes et al. 1980; Frost et al. 1983; Meyer 1982; Williams 1981).

All water filters or recent animal scat samples must be kept cool and transported to the trained analyst for examination within two days or less.

#### MANAGEMENT IMPLICATIONS

The incidence of Giardia contamination is on the rise in forested and backcountry areas, partly because physicians are now more aware of its occurrence and are therefore able to diagnose it more frequently, and partly because it is now an officially reportable disease in many states. Similarly, managers of wildlands that provide domestic water



to municipalities or backcountry recreation areas have become acutely aware of its presence.

Giardia can be transmitted through fecal contamination of water by many animals, including beaver, muskrats, and dogs, as well as people; therefore, controlling contamination is almost impossible. Management approaches have included control of beaver populations by trapping, closing certain municipal watersheds to human entry, and restricting hikers from bringing dogs into backcountry watersheds, but such measures are at best difficult and not known to be successful. Once Giardia has been introduced into a watershed, the area will likely continue to harbor Giardia in wildlife hosts; thus, restricting dogs, for instance, in such areas probably would serve no function. In some cases filters have been utilized for backcountry water supply systems, but such approaches are not generally a practical option.

Today, the principal method for control of Giardia by managers of wildlands is to inform the public of the dangers of drinking untreated water in the backcountry and to train people about the best methods for backcountry water treatment. These methods include use of backpack-size filters, ways of making certain chemicals more effective against Giardia, and advice to boil water in places where boiling is a feasible option. Continued education on waste disposal and water treatment for personal supplies remain the best tools against Giardia at this time. Watershed specialists often need education on Giardia as well.

Research continues to play an important role in resolving Giardia problems. We need to better understand the mechanisms of Giardia transmission, especially its presence in wildlife populations. Easier, less expensive ways to detect Giardia in streams are needed. The expensive

treatment methods for backcountry water still need further development in view of the fact that some people will hesitate to pay \$40-150 for a backpack-style filter unit for an occasional hiking trip, and that boiling water often is not a realistic option. Further research on hiker attitudes also might help us understand how we can best educate people to dispose of their wastes properly and treat surface water supplies adequately to protect themselves against Giardia and other pathogens. Because the distribution of Giardia in wildlands follows certain ecological patterns, better understanding of these patterns can help to predict where Giardia is likely to be a serious problem. Data on Giardia are needed in some areas simply to discover whether the danger exists.

A more complete understanding of Giardia through research and strong education programs can help us learn to recognize and manage Giardia as part and parcel of our management of water resources of parks, forests, and other wildlands.

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WATER PURIFICATION  
PRINCIPLES AND METHODS

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## WATER PURIFICATION PRINCIPLES AND METHODS

### Introduction

Backcountry use is on the rise and with it comes increased potential for watershed contamination through fecal pollution of streams. Knowledge of water purification procedures is essential in limiting the incidence of illness from raw-water consumption in the backcountry; however, many recreationists are confused or unsure about purification procedures. In an effort to protect the public and the watersheds, wildland managers are continually striving to provide accurate information on the available methods of purification.

For one-day ventures, an individual can easily carry in a sufficient water supply (approximately 2 liters per person per day is recommended, depending upon activity level). When backpacking for an extended period, packing in water is an expense in terms of weight: one gallon (3.7 liters) weighs about nine pounds. This burden is unnecessary as purification of stream or lake water can be achieved with a minimum of difficulty. The following water purification options are readily available to the backcountry user.



## Boiling

Boiling is a frequently used, generally effective form of water disinfection. Most waterborne pathogens are readily harmed by heat, and a period of boiling will kill them. Since some pathogens require a longer heat exposure to be destroyed, recommendations for boiling time vary. In addition, boiling times must be increased at higher elevations where water boils at a lower temperature (Table C-1). Giardia cysts, for example, are destroyed after one minute of boiling at sea level; at 3050 m (10,000 ft) or higher, it may take 5-10 minutes of boiling to destroy the cysts as well as bacteria and viruses. Some specialists recommend boiling for as long as 15 minutes (Alsaker 1982).

Table C-1. Boiling points of water at various elevations.

| Elevation |        | Boiling Point |      |
|-----------|--------|---------------|------|
| (m)       | (feet) | (°C)          | (°F) |
| Sea level |        | 100           | 212  |
| 500       | 1641   | 98.9          | 210  |
| 1000      | 3281   | 97.9          | 208  |
| 1500      | 4922   | 96.8          | 206  |
| 2000      | 6562   | 95.7          | 204  |
| 2500      | 8203   | 94.7          | 202  |
| 3000      | 9843   | 93.6          | 200  |
| 3500      | 11,484 | 92.5          | 199  |
| 4000      | 13,124 | 91.4          | 197  |

While the often-recommended boiling offers the backcountry user a relatively effective and inexpensive method of water purification, in many cases it is not practical or convenient. Boiling takes time; and in areas where wood fires are not allowed (which is often the case in national forest, park, and wilderness areas), boiling alone uses a significant amount of fuel.

## Chemical Treatment

Chemical means of water purification generally involve disinfection with various chlorine or iodine preparations. These chemicals are available in pure form or under such brand names as Halazone (chlorine) and Globaline, Coughlan's, and Potable-Aqua (tetraglycine hydroperoxide). Even household chlorine bleach can be used. But in treating water this way, several factors must be considered. First, both chlorine and iodine are more effective in clear water, at warmer temperatures, and with increased contact times. Therefore, the number of required drops or tablets of disinfectant per liter varies with the temperature and clarity of the water. While chemical treatments are usually adequate for the elimination of most bacteria and viruses, chemicals have a less dependable effect on Giardia; therefore, extra contact time is essential. A minimum of 30 minutes of purification time is recommended; however, in order to improve the effectiveness of the treatment as well as the taste of the water, some suggest allowing the chemical to work for an hour or more (State of New Mexico 1983; Centers for Disease Control n.d.) or even overnight (Knotts 1983). It is important that turbid water be allowed to settle prior to treatment, as suspended matter in water will hinder purification effects of the disinfectant. Some specialists have found that the use of a coagulant will expedite the settling process (Tunnickliff and Brickler 1984).

Iodine is more effective in killing Giardia than chlorine over wider temperature and pH ranges. One writer (Manley 1983) recommends keeping a saturated solution of iodine on hand by pouring more than the required amount of iodine crystals (0.29 g per 100 cc of water) into a bottle and filling it with 100 cc of water. Once the solution is saturated, the excess crystals will remain on the bottom, and the mixture can

be spooned a tablespoonful at a time into containers of water to be purified. If that water is warmed to 20°C, a tablespoonful of the iodine solution per liter will kill Giardia cysts (Manley 1983). However, the use of pure iodine crystals presents some risk of poisoning, and care should be taken not to ingest any of the crystals, which are toxic, or to ingest highly concentrated iodine solutions. Normally, this is not a practical concern since high concentrations of iodine make the water extremely unpalatable.

For safety and convenience, the commercial preparations may be a better choice. Commercially distributed tablets of the compound tetraglycine hydroperiodide (TGHP) contain a premeasured dose of iodine (8 ppm) and are generally stable. Chlorine preparations in tablet form are less stable and become less effective upon exposure to heat and air, so that old Halazone tablets, for example, should not be used (Knotts 1983).

#### Mechanical Filters

Commercially available mechanical filters exhibit varying degrees of effectiveness in the removal of Giardia. In a study by Hibler (1984), seven filters for tap water purification were tested in the laboratory. Four of these were found to be 100 percent effective, but the other three ranged from as low as 66.4 percent to 97.6 percent effective. Backpacking filters may vary similarly in their effectiveness. Therefore, in choosing a filter, several important factors should be considered. To effectively filter out Giardia and other microorganisms, the filter should have a pore size of 2.0 microns or less. Such a size counters the pliability of Giardia cysts, a characteristic that allows them to squeeze through apertures somewhat smaller than their

actual size. To also remove bacteria and smaller pathogens, one filter system that uses a 0.4 micron filter induces electrical charges in the filter that attract and hold particles smaller than 0.4 microns (Knotts 1983). When the turbidity is high, filters can become clogged and rendered ineffective. Turbid water should be allowed to "settle" or be treated with a coagulant before filtering.

Filtering units are relatively expensive, ranging from about \$40.00 to over \$170. Even so, frequent users of the backcountry might find that a well-designed, effective filter is worth its price. Better quality filters have a provision for backwashing the filter; or, if needed, replacement filters are usually available.

#### Alternatives

A combination of water treatment methods might provide a viable alternative for many backcountry users. It has been shown, for example, that at a temperature of 20°C (68°F), iodine successfully destroys Giardia cysts (Manley 1983). This means that by boiling only one-fifth of the desired volume of water (one-fourth the volume at high altitudes) and then mixing it with the remaining cold water, the temperature of the cold water would be raised to 20°C (Manley 1983). This would significantly reduce the amount of fuel needed for boiling. The amount of saturated iodine solution (prepared by putting crystals in water) needed per liter of 20°C water is about one tablespoon (15 cc). Or, commercial preparations of iodine or chlorine can be used according to directions. In the warmer water, these disinfectants will act with increased effectiveness and eliminate the need for extended boiling.

There are other options to boiling which can elevate the water temperature to an appropriate level. A canteen or plastic water

container placed in the sunlight for a length of time would raise the temperature significantly; or, chemically treated water can be placed in a sleeping bag overnight (Knotts 1983). This would warm the water as well as provide for a longer contact time with the chemical. In short, any technique that raises the water temperature and increases chemical contact time is likely also to increase the purifying effectiveness of disinfectant chemicals.

### Conclusions

Much has been said about water purification in the backcountry, but documentation on the effectiveness of the various treatment methods is limited. There appears to be a need for comprehensive information which is research-based, and claims made by manufacturers of water purification products should be supported by independent research. In the meantime, we suggest the following reading material for those wishing to know more about Giardia and water purification in the backcountry:

1. Centers for Disease Control. n.d. Giardia lamblia information paper. Available from Department of Health and Human Services, CDC, Atlanta, GA 30333.
2. Erlandsen, S., and E. Meyer. 1984. Giardia and giardiasis. New York: Plenum Press. 407 p.
3. Knotts, D. M. 1983. Purifying water in the wild. *Sierra* 68(4):57-59.
4. Manley, H. An easy preventative for "backpacker's disease." *Backpacker* 11(2):95.
5. State of New Mexico Health and Environment Department. 1981. Water disinfection for campers and backpackers. Brochure issued by Health Services and Environmental Improvement Divisions, P.O. Box 968, Santa Fe, NM 87504-0968.

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GIARDIA AND GIARDIASIS



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