



Review

Cryptosporidium spp. and Giardia spp. (oo)cysts as target-organisms in sanitation and environmental monitoring: A review in microscopy-based viability assays

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ABSTRACT

Cysts and (oo)cysts are the infective forms of parasitic protozoa, as *Giardia* and *Cryptosporidium*, which are widespread and associated to worldwide waterborne diseases outbreaks. These microorganisms pose a challenge to public health, as they are resistant to conventional disinfection methods, which make them important parameters when evaluating inactivation efficiency. However, when (oo)cysts are targets, it is challenging to infer inactivation efficacy, as it may require infectivity tests that are not often an option for laboratory routine analysis. In this scene, (oo)cyst viability based on induced excystation, membrane integrity and enzyme activity evaluated by dye inclusion and/or exclusion, as well as fluorescence reduction consist on microscopy-based techniques that may be options to estimate inactivation in the environmental context. This scoping review presents applications, advantages and limitations of these methodologies for viability assessment, in order to shed light on the (oo)cyst viability topic and provide insight strategies for choosing protocols in the environmental and sanitation field, in laboratory applications and novel research.

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1. Introduction and background

The importance of protozoan cysts and (oo)cysts as targets in environmental research and sanitation lies on the fact that *Giardia* spp. and *Cryptosporidium* spp. are pathogenic microorganisms associated to worldwide gastrointestinal diseases outbreaks (Efstratiou et al., 2017b), causing nutritional imbalances and mortality, particularly in children and immunologically deficient people (Thompson and Ash, 2016). There are several reports of these parasites in residues (Graczyk et al., 2008) and wastewater (Fernandes et al., 2011; Ramo et al., 2017a). Given the waterborne disease character of giardiasis and cryptosporidiosis, their aetiological agents have also been detected in both surface (Castro-Hermida et al., 2009; Chuah et al., 2016; de Araújo et al., 2018) and groundwater (Chique et al., 2020). A major concern regards occurrence in water treatment plants and general water sources (Kumar et al., 2016; Onichandran et al., 2014; Ramo et al., 2017b). A recent study highlighted the incidence of *Giardia* spp. and *Cryptosporidium* spp. in water for reuse, despite undertaking treatment (Razzolini et al., 2020). Drinking water sources in

rural areas have also been recently reported with contamination with these parasites, which points this topic as a current matter (Kifleyohannes and Robertson, 2020).

The *Cryptosporidium* life cycle is completed in a single host and includes stages of sexual and asexual reproduction, detailed by Cacciò and Widmer (2014). The infection is acquired through the ingestion of oocysts. In the small intestine, motile sporozoites, from the open oocyst, attach to intestinal epithelial cells and become trophozoites. These undergo asexual replication, producing merozoites, which are released into the intestinal lumen and infect new cells. The merozoites may also go through a sexual cycle, which will result in a zygote that undergoes sporogony. The life cycle is complete when infectious sporulated oocysts are excreted in the faeces.

As for *Giardia*, the contamination also occurs by oral ingestion of cysts, which will break and release trophozoites in the upper parts of the small intestine, where they adhere to. The trophozoites multiply by binary division in the lumen. Finally, exposure to bile salts leads to encystation and the cysts are eliminated in faeces, closing the life cycle (Cacciò and Sprong, 2011; Geurden and Olson, 2011).

Infected individuals provide a large input of (oo)cysts into the environment and these are strongly persistent, as they may

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remain infectious for extended times in different environmental conditions (Cama and Mathison, 2015; Jenkins et al., 1997; Yaoyu and Xiao, 2011). They are also resistant to various treatments (Kniel et al., 2004; Robertson et al., 1992; Ryan et al., 2016). These characteristics, added to the reported low infection dose (Boyer et al., 2009; Carey et al., 2004; DuPont et al., 1995), are thereby a major health concern, which qualifies infectivity and viability assessments as secondary objectives to (oo)cyst monitoring in environmental samples (Efstratiou et al., 2017a).

The ability of the parasite to complete its life cycle in the host, leading to disease, is called infectivity. It is determined by cell culture infection or bioassays, which are often not suitable for laboratory routine analyses in sanitation and environmental monitoring with frequent sampling. Animal testing, from an operational point of view, is considered costly, raises ethical issues and lacks reliability when low replications are used (Koehler et al., 2014; Rousseau et al., 2018).

Viability, in turn, is an inference about the amount of living cells based on their cellular integrity or metabolic activity. However, there is some imprecision in defining viable states of organisms, which leads to debates at different levels, as cells may present stages between "live" and "dead" (Davey, 2011; Netuschil et al., 2014). For instance, metabolically functional and intact protozoan (oo)cysts may fail to turn into sporozoites/trophozoites or infect their hosts (Rousseau et al., 2018). Hence, this type of examination may underestimate treatment efficiency (Buhkari et al., 2000) and overestimate risk. This brings up a controversial topic, because as much as some may claim it is "advantageous" from an environmental and public health perspective, by taking conservative approach; it could be counter-productive in establishing treatment efficacy. Therefore, viability estimation should ideally correlate to bioassays, so that detection of viable organisms that are not infective is minimized, and health risk assessment is reliable and straightforward. Despite no standard methodology is currently available, there is a wide range of methods either DNA/RNA- or microscopy-based, whose reliability will depend on how appropriate they are to the research in question.

Viability may be inferred by molecular techniques (Brescia et al., 2009; Lee et al., 2009; Paziewska-Harris et al., 2016), as well as imaging, often performed by microscopy visualization. Although the latter may suggest direct reliability on the microscopist, defining a protocol and established categories for inactivation stages of (oo)cysts would lead to strategic insight in automated detection coupled with viability assessment, which makes microscopy-based methods still stand out. Recently, there have been headways in pattern recognition in many areas, including rapid detection and quantification of *Giardia* spp. and *Cryptosporidium* spp. in water, assessed by artificial intelligence algorithms (Badsha et al., 2013; Koydemir et al., 2015). Nonetheless, there is a knowledge gap reported for protozoa viability data in environmental samples (Chique et al., 2020), which could be narrowed by adding image-based viability features to, for instance, machine-learning applications, a trend in predicting contamination (Ligda et al., 2020), but that could also be applied for assessing it. This could provide innovative technology for environmental monitoring and assessment, as in simple automated devices for routine analyses.

As for laboratory methodologies that lead to imaging, cysts and oocysts viability may be inferred by in vitro excystation (Pecková et al., 2016; Smith et al., 2005) and staining. Stain-based methods are: dye inclusion/exclusion (Gómez-Couso et al., 2009; Grit et al., 2012; Kinyua et al., 2016; Robertson et al., 2014) and fluorescence reduction after labelling (Guimarães et al., 2014; Kondo Nakada et al., 2018; Santos et al., 2015). This scoping review aimed to present situations in which these methodologies have been applied. Additionally, it covered advantages and limitations of dif-

ferent microscopy-based methods for viability assessment of protozoan (oo)cysts, when they are addressed as targets for environmental monitoring, as well as in the sanitation field.

2. Excystation methods

Pathogenic protozoa are found in the environment in their infective form, (oo)cysts, targeted for removal and/or inactivation, from the sanitation perspective. When ingested, their life cycles lead to sporozoites and trophozoites, after exposed to body temperature, acid, trypsin and bile salts (Smith et al., 2005). The former, which are banana-shaped organisms released from oocysts, refer to a life stage of *Cryptosporidium* spp., while the latter refers to *Giardia* spp. These forms are expected to be excysted, i. e. released from (oo)cysts, within the hosts if the infective cysts and oocysts are viable for infection. However, there is a lack in reproducible culture methodologies capable of supporting the parasite life cycle long term, pointing excystation as a key-process to prepare these pathogens for infection (Bones et al., 2019).

Considering that excystation is necessary for giardiasis and cryptosporidiosis to take place in an individual (Einarsson et al., 2016), performing this process in vitro may provide some understanding in pathogen viability, as well a step towards significant progress in the control of these diarrhoeal diseases (Boucher and Gillin, 1990; Karanis, 2018). In vitro assays mimic the environmental conditions in which excystation would occur. This process is carried out by exposing cysts and oocysts to an acid medium and subsequent incubating the microorganisms in bile salts, reducing agents and protease enzymes at 37 °C. Excystation methods therefore imitate the conditions to which the parasites would be subjected in the transition between the stomach and the intestines of the host, which is why they may be performed concomitantly to in vitro infectivity assays i. e. cell culture (Pecková et al., 2016; Rousseau et al., 2018).

Table 1 presents some excystation applications within the environmental context. Assessing inactivation by excystation rate after exposure to ultraviolet radiation (UV) is noteworthy, as this disinfection method does not affect external morphology of the (oo)cysts i. e. walls or plasma membrane. UV causes damage to the nucleic acids of the cell (DNA/RNA) and may inhibit replication and transcription (Hijnen et al., 2006; Rochelle et al., 2005), which is not measurable by dye inclusion and/or exclusion techniques, for instance, and explains why most of the research on it requires infectivity assays (Karanis et al., 2003; Morita et al., 2002; Shin et al., 2001).

A study compared different protocols for induced excystation of *C. parvum* oocysts, which diverged in their respective stages of chemical pre-incubation, means of excystation or incubation time. Results indicated significant differences for the recovery of viable oocysts by modifying the pre-incubation procedures, but the other variables did not significantly differ in viability rate from a statistical point of view (Pecková et al., 2016).

A research comparing in vitro viability methods for *Cryptosporidium* spp. oocysts found that both molecular and staining techniques correlated well and properly discriminated viable from heat-killed oocysts, which was not achieved by excystation (Vande Burgt et al., 2018). The hierarchy and synergisms of stimuli that lead to excystation are not yet fully understood, as there is a variety of protocols presented in the literature (Einarsson et al., 2016; Pecková et al., 2016) and no standard procedure (Ortega-Pierres et al., 2018; Smith et al., 2005). Another limitation of the excystation method is that it requires a large number of purified (oo)cysts, which is not usually a realistic scenario in environmental samples (Rousseau et al., 2018). Although efforts to standardize in vitro excystation aiming at examining some of the biochemical triggers involved in this process date back decades (Hijjawi, 2010;

Table 1

Applications of excystation methods in environmental and sanitation research targeting protozoan cysts and oocysts.

Parasite	Treatment	Notes	Reference
<i>C. parvum</i>	Chlorination	The study endorses <i>C. parvum</i> resistant to conventional disinfectants and shows agreement with infectivity assay.	(Korich et al., 1990)
		Agreement with infectivity assay.	(Black et al., 1996)
		Excystation overestimated oocyst viability following disinfection.	
		Comparison to fluorescent vital-dye uptake showed correlation (r -value = 0.91).	(Jenkins et al., 1997)
	Ozonation	Ozone was more effective to inactivate oocysts, but these were still considered resistant. Results showed agreement with infectivity assay.	(Korich et al., 1990)
		Agreement with infectivity assay.	(Black et al., 1996)
		Excystation overestimated oocyst viability following disinfection.	
		Agreement to fluorescent vital-dye uptake.	
		Excystation overestimated oocyst viability following disinfection. Results reaffirmed infectivity assays as the "gold standard". Low correlation to mouse infectivity (r -value = 0.23).	(Bukhari et al., 2000)
		Results reemphasized oocyst resistance and correlated to staining (r -value = 0.997).	(Robertson et al., 1992)
	Freezing	Excystation was carried out coupled to cell culture for <i>in vitro</i> infectivity.	(Weir et al., 2002)
	Liming	The study considers potential reasons why peroxidation renders oocysts nonviable.	(Kniel et al., 2004)
	Contact with alum and ferric sulfate	Agreement with infectivity assay.	(Quilez et al., 2005)
	Peroxidation	Excystation overestimated oocyst viability following disinfection.	

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Robertson et al., 1993), the methodological gap still exists and needs to be addressed.

Conventionally, *Giardia* trophozoites are detected by a number of features, including: median body shape and location, ventrolateral disc length, length of caudal flagella, and number and shape of nuclei. However, identifying trophozoites or cysts to species level is not possible simply by light microscopy (Monis et al., 2009) and staining techniques may assist detection of different stages of *Giardia*, as well as distinguishing them from other organisms and de-

bris (Smith and Paget, 2007). Similarly, when undertaking excystation, *Cryptosporidium* oocysts expand a "suture" of their wall and each release four banana-shaped sporozoites, which often exhibit gliding motility (Bones et al., 2019). These modifications in morphology may be parameters in evaluating the organisms' life cycle, thus applied research in automated morphometry (Liu et al., 2019), for instance, could shed light onto image-based viability assessment.

Table 1 (continued)

	UV (SODIS)	Excystation was carried out coupled to cell culture for <i>in vitro</i> infectivity.	(Delling et al., 2017)
		Agreement with infectivity assay.	(McGuigan et al., 2006)
	UV	Excystation overestimated oocyst viability following disinfection.	
		Matrix: Experimentally contaminated drinking water.	
		Matrix: 30 NTU test water.	(Fontán-Sainz et al., 2012)
		Excystation overestimated viability compared to animal infectivity.	(Morita et al., 2002)
<i>G. duodenalis</i>	Silver- and copper-embedded ceramic tablets	Authors mention that mechanisms for solar inactivation are not fully understood.	(King et al., 2008)
		Excystation levels did not decrease correspondently to infectivity in cell culture.	
	Silver- and copper-embedded ceramic tablets	Agreement to fluorescent vital-dye uptake.	(Ehdaie et al., 2020)
		Agreement to fluorescent vital-dye uptake.	(Ehdaie et al., 2020)
<i>G. muris</i>	UV (SODIS)	Matrix: Experimentally contaminated drinking water. Agreement with infectivity assay.	(McGuigan et al., 2006)

Notes: All of the studies were performed with buffer solutions unless stated otherwise. SODIS = solar disinfection; UV = ultraviolet radiation.

Detection and counting may be carried out either in light or fluorescence microscopy, therefore it does not necessarily require expensive stains, although it is possible perform sample readings with fluorescent dyes for different cell structures, as well as using monoclonal antibodies (Wilke et al., 2018) for selective visualization. Released trophozoites and sporozoites may even be easy to spot in contrast to cysts and oocysts, as presented in a study that compared six excystation protocols, from which all released sporozoites were motile and therefore considered viable (Pecková et al., 2016). The motility feature is particularly interesting if considering automated counting based on image variation analysis (Kaakinen et al., 2014). Nevertheless, the simplicity in detection and its sensitivity rely on factors such as: the quantity of trophozoites and sporozoites present in the sample (Rousseau et al., 2018); the number of samples examined (Gutiérrez-Cisneros et al., 2011), the matrix under analysis; visualization media, i.e. which dye has been applied, as well as; if the sample was fresh (Smith and Paget, 2007) or dried and fixed.

3. Staining methods

Conventional staining has been widely applied to improve (oo)cyst visualization, particularly in parasitology research. Some common permanent dyes are MAF (modified acid-fast), DMSO-MAF (dimethyl sulfoxide-modified acid-fast), ACMV (aniline carbol methyl violet), RIHS (regressive iron hematoxylin), Safranin, Leishman and Giemsa, applied in light microscopy of stool samples (Ahmed and Karanis, 2018). As for environmental samples, there are examples of modified Kinyoun's (MK) and modified Safranin

Methylene Blue (SMB) light microscopy smears, performed in oil immersion field in light microscopy (Masangkay et al., 2020). These, however, do not lead to an estimation of viability, which is a role played by vital dyes. amongst the tests to infer viability through the application of vital dyes, some may be highlighted: the verification of enzyme-mediated reactions after substrate incorporation (staining "living" or supposedly viable cells) and/or dye inclusion, which will define the integrity of the cell membrane (staining "dead"/non-viable cells). Fluorescence reduction also has a part in evaluating cell damage, although it does not refer to dye inclusion. Due to the analytical difficulties mainly related to the visualization of cysts and oocysts, it is important to investigate different options of vital dyes.

3.1. Bright-field microscopy analysis

Erythrosin B and Trypan blue are versatile and comparatively low-cost vital dyes that have been used in many microorganisms, such as bacteria (Franke et al., 2020) and yeasts (Kwolek-Mirek and Zadrag-Tecza, 2014). Concerning protozoa, they have been applied in viability assays after cell culture targeting sporozoites, particularly (Emery et al., 2016).

Trypan blue is a precise example of a vital dye incorporated by cells with damaged membrane, which can be considered fragile or supposedly non-viable (Strober, 2015). Alongside to infectivity bioassays by faecal and intestinal parasitic counts, it has been applied for evaluating *in-vitro* viability of *Giardia* spp. and *Cryptosporidium* spp. infective stages, i. e. (oo)cysts., in disinfected samples (Zawawy et al., 2010). Similarly, Trypan blue has been used

to estimate the viability of *Cryptosporidium*/*Giardia* spp. (oo)cysts present in filtered water obtained after a conventional water treatment by flotation (Boni, 2016). The same study reported that though rapid and easy to perform, the test has analytical difficulties, due to the rapid loss of staining in both cysts and oocysts, as well as inherent difficulties in identifying them in bright-field microscopy, since the organisms might be easily mistaken by artefacts from the concentrated sample (Boni, 2016).

3.2. Fluorescence microscopy techniques

Fluorescent microscopy leads to a more clear visualization of the parasites, as they are expected to present high contrast against the background, when labelled with fluorescent stains. Particular examples of fluorescent staining in protozoa are displayed in Table 2, which emphasizes different matrices and contexts within the environmental and sanitation scene. Common fluorescent dyes are those based in ethidium and propidium, which have high affinity for nucleic acids, but are impermeable to the plasma membrane of the cells. Its incorporation occurs in a passive physico-chemical manner, indicating that there is damage to the cell membrane, staining organisms that may be non-viable, weakened or dead (Netuschil et al., 2014).

Propidium iodide (PI) can be concomitantly applied to FITC (fluorescein-5-isothiocyanate) monoclonal antibodies, along with DAPI (4',6-diamidino-2-phenylindole), a fluorescent blue stain that highlights the nuclei when bound to DNA. Aside to PI, this combination of stains is recommended for (oo)cyst detection in water and disinfected wastewater by Methods 1623.1 and 1693, respectively (USEPA, 2014, 2012). In these protocols, cysts and oocysts would be detected under FITC wavelengths of emission and excitation and visualized in apple green against a dark background; morphology would be confirmed by DAPI. Fig. 1 displays the expected set of images of a single non-viable cyst observed by these stains in conjunction to propidium iodide. The PI exclusion test consists on a simple additional staining process, which leads organisms considered non-viable to be observed in red under the PI-filter block. Concerning protozoa as target-organisms, PI has been widely applied in matrices such as treated wastewater (Kinyua et al., 2016), agricultural waste (Grit et al., 2012), water treatment residues (Sammarro Silva and Sabogal-Paz, 2020a) and drinking-water (Gómez-Couso et al., 2009). Fig. 2 displays the expected set for a viable *C. parvum* stained with both FITC monoclonal antibodies and PI. It is worth noting PI is a non-selective dye, therefore debris that contains genetic material might present staining, especially when environmental samples are considered.

As for green fluorescent dyes, which would be visualized under FITC filter (approximately 495 nm / 519 nm), there are options that can yield to fluorescence by different means, such as carboxyfluorescein diacetate (CD), CFDA-SE (carboxyfluorescein diacetate succinimidyl ester) and SYTOX® Green. These, however, are not selective stains and may not be of use when detection is carried out by immunofluorescence assays (IFA) with fluorophore-linked antibodies. IFA is the detection technique recommended by Methods 1693 and 1623.1 (USEPA, 2014, 2012), labelling (oo)cysts walls apple green, therefore interferences should be expected.

The mechanism for CFDA-SE and similar fluorescein molecules for green fluorescence bases on esterase activity, an intracellular enzyme. In this scene, viability is inferred by two means: the enzymatic activity, which is required to promote fluorescence when fluorescein acts as a substrate, and; the integrity of the cell membrane, necessary for the retention of fluorescent products within the cell. Because they are electrically neutral molecules, the esterase substrates freely diffuse into the cells. Once inside the cell, these non-fluorescent molecules are converted into fluorescent products that are then retained by organisms with intact plasma

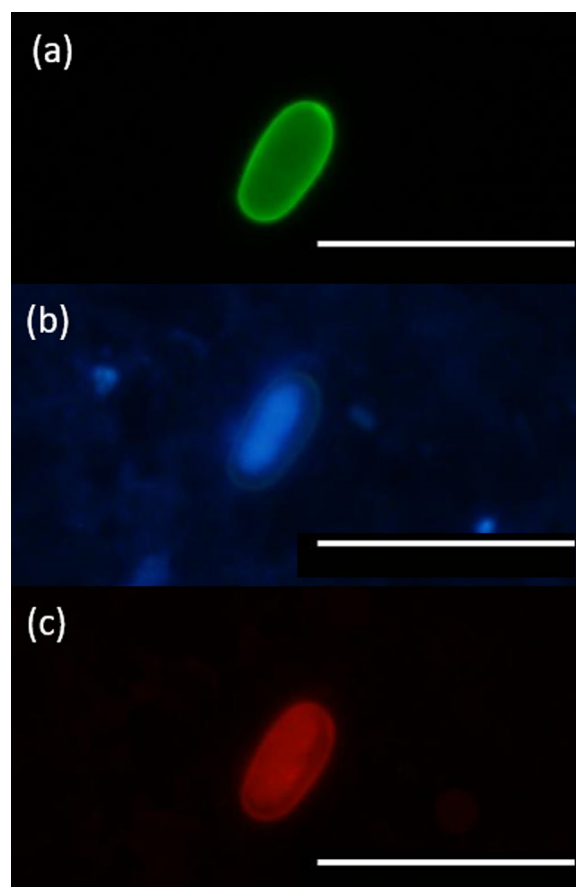


Fig. 1. Non-viable *Giardia duodenalis* cyst imaged by an Olympus® BX51 epifluorescence microscope under 800x magnification and labelled with (a) FITC; (b) DAPI; (c) propidium iodide, displaying red uptake. Scale bar = 10 μ m.

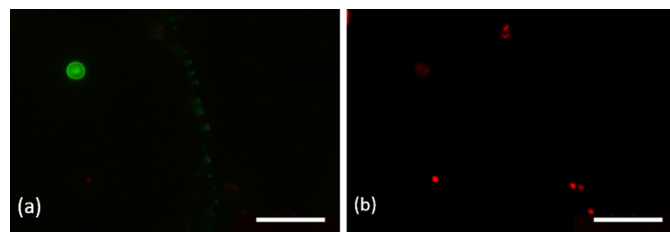


Fig. 2. Viable *C. parvum* oocyst recovered from filter backwash water samples imaged by an Olympus® BX51 epifluorescence microscope under 400x magnification and labelled with (a) FITC; (b) propidium iodide, lacking red-dye uptake by the oocyst. Scale bar = 20 μ m.

membranes. In contrast, substrates that are not hydrolysed rapidly leak from damaged membrane cells, even when there is still residual activity of esterase enzymes (Netuschil et al., 2014).

CD exhibits green fluorescence in viable cells and has played a role in environmental analysis. This dye has been applied to verify the viability of bacteria in biofilms (Netuschil et al., 2014) and algae (Macintyre and Cullen, 2016), including ballast water treatment systems with ultraviolet disinfection (Sun and Blatchley, 2017). However, a study in dyed protozoa under stress conditions (Santos et al., 2015) reported that only damaged, dead and dying (oo)cysts were able to interact with CFDA-SE, expected to passively enter the cytoplasm and yield to fluorescence by esterase metabolism.

In order to overcome limitations in stain-based techniques, the combination of vital dyes can be applied to simultaneously

Table 2

– Viability assessment through fluorescent staining of protozoan cysts and oocysts in different matrices within environmental and sanitation contexts.

Dye	Parasite	Matrix	Treatment / environmental condition	Reference
CFDA-SE	<i>C. parvum</i>	Buffer solution	Heating and UV	(Santos et al., 2015) *
	<i>G. duodenalis</i>		Heating and UV	(Santos et al., 2015) *
PI	<i>C. parvum</i>	Buffer solution	Peroxidation with H ₂ O ₂ -based disinfectants	(Quilez et al., 2005)*
			Photocatalysis (TiO ₂ /H ₂ O ₂)	(Abeledo-Lameiro et al., 2017)
		Experimentally contaminated influent of anaerobic digester for swine waste treatment	Anaerobic digestion	(Kinyua et al., 2016)
		Test waters with different turbidities (5, 10 and 300 NTU)	UV (SODIS)	(Gómez-Couso et al., 2009)*
	<i>G. duodenalis</i>	Experimentally contaminated drinking water	UV (SODIS and SOPAS)	(Mtapuri-Zinyowera et al., 2009)
		Agricultural waste (cattle slurry)	Environmental conditions over time (storage up to 90 days)	(Grit et al., 2012)*
PI + DAPI		Experimentally contaminated feed of anaerobic digester for swine wastewater treatment	Anaerobic digestion	(Kinyua et al., 2016)
	<i>C. parvum</i>	Buffer solution	Ozonation	(Korich et al., 1990)*
			Ozonation	(Black et al., 1996)*
			Ozonation	(Bukhari et al., 2000)
			Freezing Liming Contact with alum and ferric sulfate Chlorination	(Robertson et al., 1992)
				(Black et al., 1996)* (Jenkins et al., 1997)
			Ozonation	(Black et al., 1996)*
			Ozonation	(Bukhari et al., 2000)
		Experimentally contaminated drinking water	UV (SODIS)	(McGuigan et al., 2006)*
		Buffer solution	Silver- and copper-embedded ceramic tablets	(Ehdaie et al., 2020)
	<i>G. duodenalis</i>	Buffer solution	Silver- and copper-embedded ceramic tablets	(Ehdaie et al., 2020)
PI + IFA	<i>G. muris</i>	Experimentally contaminated drinking water	UV (SODIS)	(McGuigan et al., 2006)*
	<i>C. parvum</i>	Distilled water	Photo-Fenton	(Abeledo-Lameiro et al., 2019)
		Real and filtered water from a water treatment plant	Sonication	(Abeledo-Lameiro et al., 2018)
	<i>Cryptosporidium</i> spp.	Raw and treated water from a WTP Simulated filter backwash water	Conventional water treatment Ozonation	(Ramo et al., 2017b) (Silva and Sabogal-Paz, 2020)

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Table 2 (continued)

	<i>Giardia</i> spp.	Simulated residue from flotation Raw and treated water from a WTP Simulated filter backwash water Simulated residue from flotation	Liming Conventional water treatment Ozonation Liming	(Ramo et al., 2017b) (Silva and Sabogal-Paz, 2020)
SYTO™ 9	<i>C. parvum</i>	Buffer solution	Ozonation	(Bukhari et al., 2000)
SYTO™ 9 + PI and DAPI + PI	<i>Cryptosporidium</i> spp. <i>Giardia</i> spp.	Wastewater	Chlorination and UV	(Adeyemo et al., 2019)

Notes: References indicated with (*) stand for results that were compared infectivity assays and agreed to them. CFDA-SE = carboxyfluorescein diacetate succinimidyl ester; DAPI = 4',6-diamidino-2-phenylindole; H₂O₂ = hydrogen peroxide; IFA = immunofluorescence assay; NTU = nephelometric turbidity units; PI = propidium iodide; SODIS = solar disinfection; SOPAS = solar pasteurization; UV = ultraviolet; WTP = water treatment plant.

analyse exclusion/inclusion methods, in which one non-fluorescent dye is incorporated and metabolized to fluoresce in living cells, and another is embedded by cells with damaged membranes (Rousseau et al., 2018). This effect is expected by some commercial kits that suggest the simultaneous visualization of cells considered "live" and "dead", through microscopy or flow cytometry. Some down sides of this methodology are that these kits are expensive, as well as the fluorescence quantification equipment (Franke et al., 2020).

Research regarding simultaneous viability assessment associated to esterase activity and membrane damage refers mostly to bacteria (Boulos et al., 1999; Hu et al., 2017; Netuschil et al., 2014), helminth eggs (Karkashan et al., 2014), and helminth larvae (Sena-Lopes et al., 2020) in biofilms or the environment. Although these investigation efforts have not yet been widely directed towards protozoa, there is a study of simultaneous staining in *G. duodenalis* and *C. parvum* (oo)cysts, which reported low visualization of fluorescent esterase products in viable parasites, when not coupled to monoclonal antibodies for detection, whilst these were inter-ferential to viability assessment (Sammarro Silva and Sabogal-Paz, 2020b). In addition, these assays do not always provide a discrete live or dead category, as intermediate stages are possible (Berney et al., 2007; Davey, 2011; Davey and Hexley, 2011).

On the topic of sanitation, concurrent staining by SYBR® Green and PI have been used to evaluate disinfection efficiency by bacterial inactivation (Bigoni et al., 2014) in a solar-based water treatment. Nevertheless, this combination is not selective towards active cells, as SYBR® Green enters all cells and binds to double-stranded DNA. The expected effect in protozoan (oo)cysts would be the analogous as the standard green visualization for detection under FITC as in IFA, coupled with PI inclusion when there is plasma membrane damage evaluation. Therefore, this scenario does not represent a simultaneous live/dead analysis, as only PI refers to viability *per se*.

There is an example, nonetheless, of a simultaneous viability assessment in protozoa, using an opposite approach to refer to viable and non-viable cells, in terms of the dyes in question. The study (Santos et al., 2015) combined the use of C12-resazurin and SYTOX® Green from a live/dead commercial kit and applied these probes in *Cryptosporidium*/*Giardia* spp. (oo)cysts in different conditions. In active cells, C12-resazurin is reduced to red C12-resorufin, while SYTOX® Green is only incorporated by compromised membranes and stains the nucleic acid of apoptotic and dead cells only, so there are two viability "parameters" analysed simultaneously, although different from those previously reported. If both stains are applied, cells with normal physiological activity get reddish-orange, while damaged cells yield to green fluorescence of their nuclei. Though, the research (Santos et al., 2015) empha-

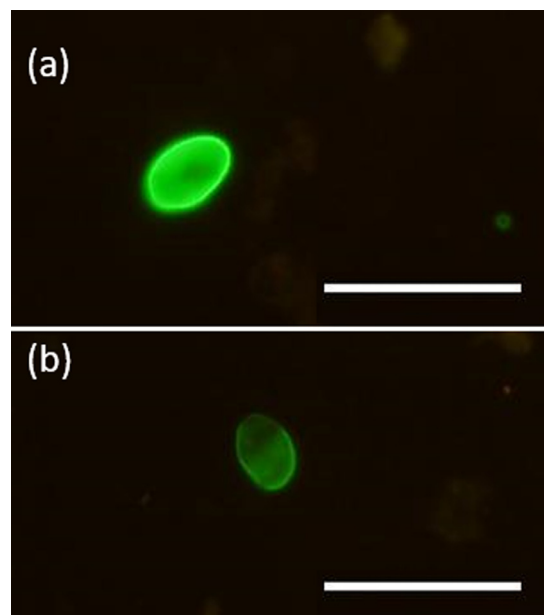


Fig. 3. *Giardia duodenalis* cysts imaged by an Olympus® BX51 epifluorescence microscope under 400x magnification and labelled with FITC by immunofluorescence assay, displaying (a) regular fluorescence; (b) altered fluorescence. Scale bar = 10 μm.

sized the inability of fresh and infectious *C. parvum* and *G. duodenalis* to take up the referred stains but aged and dead cysts were double-marked when C12-resazurin and SYTOX® Green were applied. These results may be associated to the (oo)cyst morphology that also relates to their resistance, which make them such important target organisms. Therefore, although there are incongruences and some misleading effects in fluorescence staining (concurrent or not), further research contemplating protozoan (oo)cysts in different matrices and treatment conditions is encouraged.

3.3. Fluorescence reduction assessment

Observing fluorescence decrease and wall damage has been reported as an alternative for estimating *Giardia* spp. cysts viability, particularly in effluents of advanced oxidative processes (AOPs) (Guimarães et al., 2014; Kondo Nakada et al., 2018). The assessment is based on the reduction in the expected apple-green fluorescence of the cysts and/or shape alterations after an immunofluorescence reaction (IFA), as shown in Fig. 3. This points fluorescence reduction as non-effective to assess viability after UV treat-

ments, for instance, as reported by Medeiros et al. (2020), who did not find significant alterations in fluorescence after UV disinfection of wastewater.

The principle of this assay relates to wall integrity, as IFA directly depends on the adherence of a monoclonal antibody to the epitopes of a cyst. The antibody is attached to FITC, a fluorescent marker that will enhance *Giardia* spp. or *Cryptosporidium* spp. cysts against the background. As aforementioned, this procedure is often applied for detection, such as indicated by Methods 1623.1 and 1693 (USEPA, 2014, 2012). Hence, fluorescence reduction assessment is an alternative to couple viability estimation to (oo)cyst detection within a single examination.

4. Complementary analyses

Employing more than one microscopy method may improve *Cryptosporidium* and *Giardia* detection from matrices such as surface water, groundwater with sediments, and substrate-associated biofilms (Masangkay et al., 2020). Accordingly, it may also improve viability assessment, as combinations of techniques have been explored (McGuigan et al., 2006) to provide more reliable results in control measures.

Alterations in morphology and physical properties may indicate viability loss at the single parasite level (Rousseau et al., 2018). These may be observed through sophisticated microscopy techniques (e.g. scanning electron microscopy) or inferred by non-invasive methods. The latter points to electrorotation, which is a procedure based on electric fields to which microorganisms are subjected. The speed and direction of rotation will vary according to conductivity and permittivity of the organism's constituent components e. g. wall, plasma membrane and cytoplasm (Dalton et al., 2004). Electrorotation viability assessment is carried out by analysing a rotation spectra and the probes may be coupled to large field microscopy imaging in order to assess multiple cells (Dalton et al., 2004; Dalton et al., 2001). Although it is a rapid analysis that allows real time measure and has correlated to PI exclusion in (oo)cysts, electrorotation data lacks information relative to infectivity assessment and influence of different matrices to results (Dalton et al., 2004, 2001; Rousseau et al., 2018).

Structural damage caused by ozone in *G. duodenalis* cysts have been studied by fluorescence staining in flow cytometry coupled to scanning electron microscopy (SEM) (Widmer et al., 2002). In this assessment, experienced microscopists, blinded to the sample identity, ranked multiple micrographs according to the extent of the structural alteration found in cysts. Similarly, fluorescence reduction has been applied concomitantly to SEM to assess viability in *G. duodenalis* cysts after a H_2O_2 /UV treatment (Guimarães et al., 2015). SEM imaging has also correlated to fluorescein diacetate and propidium iodide staining to evaluate degradation of *G. duodenalis* cysts in mixed swine and human wastes under field conditions (Deng and Cliver, 1992). As of *C. parvum*, a study on polymer adhesion explored the biding of viable and non-viable oocysts on selected polymers and the technique allowed exploring different morphology features visualized by SEM (Wu et al., 2012).

Simple complimentary analysis are also endorsed in microscopy. A study in automated detection used an immunofluorescence assay to generate binary images and identify cysts and oocyst by their roundness (Badsha et al., 2013). Authors assessed viability by counting nuclei stained with DAPI. This approach may lead to possible correspondences amongst technologies (e.g. scales of fluorescence reduction, binary images from PI uptake etc.) and encourage further research in patten recognition and automation of image-based viability assessment.

Although they are not microscopy-based, there is a rising popularity in molecular techniques to assess viability. Rousseau et al. (2018) describes applications of RNA- and DNA-

based methods in foodborne and waterborne stages of pathogenic protozoa and encourages applying these methods for determining initial levels of contamination.

5. General comparison

Table 3 displays an overall comparison of the viability methods described throughout this review, framing topics that might act as either advantages or limitations. The different aspects of each technique must be considered when selecting the most adequate method for each situation, as laboratories present different infrastructure conditions, budgets, and specialized personnel. In addition, environmental samples may vary in characteristics. The matrix aspect is particularly relevant, since debris could impair bright-field microscopy visualization, but also on account of the (oo)cyst recovery process. The latter has been reported as affecting propidium iodide uptake in organisms recovered from complex matrices (Sammarro Silva and Sabogal-Paz, 2020a).

There are timely studies covering (oo)cyst detection and the role of recovery efficiency (Efstratiou et al., 2017a; Ongerth, 2013), where authors explore the pressing need of standardization for monitoring. Nonetheless, as pointed by Efstratiou et al. (2017a), there is a faulty concept regarding the idea of a single protocol to "fit all" sanitation needs. We believe the same applies to viability assessment, and the prospect of a "universal" protocol seems unrealistic. However, this should not be regarded as an issue, as long as the chosen technique is consistent to the goal and there is transparency towards the research outcomes.

6. Concluding remarks

Excystation methods provide an active estimation of viability and may be of use particularly when this parameter does not relate to physical damage within walls or membranes of the (oo)cysts, as in UV treatment. Nevertheless, there is an operational limitation as these analyses are not easy to standardize to a routine laboratory test. Excystation also requires incubation and specific conditions to each parasite, as well as clean suspensions and a high number of organisms. These matters, however, should not be taken as obstructing research, but as encouraging prospects to more focused goals in parasitology, so that sanitation and environmental monitoring, as well as other fields, can properly uphold to.

Vital staining presents limitations that should not be disregarded, particularly concerning overestimation and false-positives. When carried out in fluorescence, it requires infrastructure that may be deterrent to some laboratories. However, its simplicity in screening and potential to investigate multiple parasites are advantages for routine analysis and pattern recognition, which may explain the broad application of vital staining in protozoan viability assessment in the environmental field. We believe conventional stains as in propidium iodide, that can be applied coupled to commercial kits for (oo)cyst detection should be satisfactory to sanitation companies when carrying out regular tests, for instance. Nonetheless, innovative and simple approaches as in single-panel visualization, as well as fluorescence reduction are open subjects for research and should be regarded by scientists in a matter of quantitatively describing correlation to infectivity. In addition, providing images as supplementary data would be of great use to the science community. Laboratories equipped with powerful imaging set ups could also focus on building protocolized datasets that could support collaborative research in fields as in geometric morphometric or automated data classification by algorithms.

As for exploratory tests, we also recommend backing up one technique with another and investigating possible correlations, as well as potential for complementary analyses. When these are carried out, it is crucial that limitations are covered and applica-

Table 3

– General features of microscopy-based viability assessment methods.

Advantages / limitations	Viability assessment method				Vital staining		
	BF	Fluorescence ³	Coupled to IFA ³	Coupled to cell culture	BF	Fluorescence	Coupled to IFA
Application on complex matrices	(-)	(-)	(-)	(-)	(-)	(-)	(+)
Considers damage to the DNA level	(+)	(+)	(+)	(+)	(-)	(-)	(-)
Agreement with bioassays ¹	(+) ^{a, b, c}	(+)	(+)	(+/-) ^{d, e}	NA	(+/-) ^{a, c, g}	(+/-) ^c
Correlation with PI exclusion	(+) ^{b, c}	(+)	(+)	(+/-) ^{d, e}	NA	(+) ^{b, g}	(+)
Non-Expensive	(+)	(+)	(-)	(+)	(+)	(+)	(-)
Rapid	(+)	(+)	(-)	(-)	(+)	(+)	(+)
Reliable assessment of inactivation efficacy ²	(-)	(-)	(-)	(+/-) ^{e, f}	(-)	(-)	(-)
Requires a darkened room and epifluorescence microscope	(-)	(+)	(+)	(-)	(-)	(+)	(+)
Requires a single (oo)cyst	(-)	(-)	(-)	(-)	(+)	(+)	(+)
Requires incubation (hours)	(+)	(+)	(+)	(+)	(-)	(-)	(-)
Requires purified (oo)cysts	(+)	(+)	(+)	(+)	(+)	(+)	(+)
Standardized methods / easy to standardize	(-)	(-)	(-)	(-)	(+)	(+)	(+)
Targets multiple parasites	(-)	(-)	(-)	(-)	(+)	(+)	(+)

Notes: ¹ Although some studies report agreement with infectivity assays, they also mention overestimation of viability.² Based on viability relative to infectivity.³ These will only differ from BF methods in the visualization set up, therefore some advantages and limitations were inferred from fluorescence staining and IFA techniques in this regard, whilst general excystation properties remain.⁴ This refers to in vitro infectivity, thus the understanding of correlation will depend on either excystation itself or cell invasion compared to bioassays or PI exclusion.^a (Korich et al., 1990).^b (Black et al., 1996).^c (McGuigan et al., 2006).^d (King et al., 2008).^e (Rousseau et al., 2018).^f (Karani, 2018).^g (Bukhari et al., 2000); BF = brightfield; IFA = immunofluorescence assay; NA = no data available/ PI = propidium iodide; (+) yes; (-) no; (+/-) data varies.

tions are clear, so that endpoint professionals may properly decide for a technique. When doing so, particularities associated to the microorganism, the matrix, laboratory infrastructure and goal of the research must be considered to determine the most suitable method for each scenario, from routine analysis to the development of lab-on-chip devices.

Declaration of Competing Interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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