

Cyclosporiasis

Cyclospora cayetanensis is a microscopic parasite that causes an intestinal illness called **cyclosporiasis**. It is most commonly spread through contaminated food or water. In the U.S, cyclosporiasis cases have been linked to various types of fresh produce, especially during the summer months.

How is it spread?

Cyclospora spreads when people eat food or drink water contaminated with feces (stool). Direct person-to-person transmission is unlikely.

What should someone do if they are experiencing symptoms?

Anyone experiencing symptoms of cyclosporiasis should contact their healthcare provider or seek medical attention for treatment. If left untreated, an individual may experience symptoms lasting a few days to a month or longer. Symptoms may return after initial improvement.

How is cyclosporiasis diagnosed and treated?

Cyclosporiasis is diagnosed through stool testing through a healthcare provider and usually treated with antibiotics. Rest and staying hydrated is important for anyone experiencing diarrhea.



What are symptoms of cyclosporiasis?

Symptoms of cyclosporiasis typically develop within two to 14 days after exposure and may include:

- » watery diarrhea
- » loss of appetite
- » weight loss
- » abdominal cramps
- » bloating
- » nausea
- » fatigue

Prevent cyclosporiasis

- » Wash hands with soap and water before and after handling or preparing raw fruits and vegetables.
- » Thoroughly rinse all fruits and vegetables under running water before eating, cutting, or cooking.
- » Scrub firm fruits and vegetables, such as melons and cucumbers, with a clean produce brush.
- » Remove any damaged or bruised areas on fruits and vegetables before preparing and eating.
- » Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible (within two hours).