

Cyclosporiasis

Overview of cyclosporiasis symptoms and prevention.

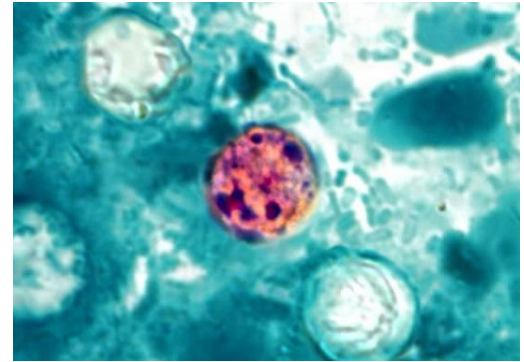
Cyclosporiasis Overview

- Cyclosporiasis is a diarrheal illness caused by infection with the parasite *Cyclospora cayentanensis* which is more commonly found in developing countries and is spread by food or water contaminated with feces.
- In recent years, outbreaks have occurred in the U.S. as a result of eating contaminated fresh produce, especially during the summer months.
- Direct transmission from person to person is unlikely.

Cyclosporiasis Symptoms

Symptoms of cyclosporiasis occur 2 to 14 days after exposure, on average within one week.

- Watery diarrhea, **which is the most common symptom**
- Abdominal cramping or stomach pain
- Nausea
- Vomiting
- Low-grade fever
- Loss of appetite
- Dehydration
- Weight loss



Cyclosporiasis Testing and Treatment

If you are experiencing symptoms consistent with cyclosporiasis, contact your healthcare provider to complete a gastrointestinal (GI) panel that includes testing for **Cyclospora**, and receive treatment.

Resting and drinking plenty of fluids is important for those who are experiencing diarrhea.

Cyclosporiasis is usually treated with antibiotics. If left untreated, an individual may experience symptoms lasting a few days to a month or longer with symptoms returning after initial improvement.

Cyclosporiasis Prevention

- Wash your hands properly, especially if handling food.
- Wash fruits and vegetables thoroughly under running water before eating.
- Cut any damaged or bruised areas on fruits and vegetables before preparing and eating.
- If sick with diarrhea, do not swim. One person with diarrhea can spread to everyone in the pool.

For more information on cyclosporiasis, visit:

<https://www.cdc.gov/cyclosporiasis/index.html>

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