

Cyclosporiasis



Public Health
Prevent. Promote. Protect.

KAHC Department of Public Health
Fort Gregg-Adams, Virginia

FAST FACTS

- **What is it?** A non-contagious stomach illness caused by the microscopic parasite *Cyclospora*.
- **How it spreads:** Ingesting food or water contaminated with feces. **Cannot spread directly from person to person.**
- **Common culprits:** Fresh imported produce (e.g., raspberries, cilantro, romaine lettuce).
- **Incubation:** About **1 week** (range: 2 days to 2+ weeks) after swallowing the parasite.

Symptoms & Medical Care

 Common Symptoms	 When to See a Doctor
• Watery diarrhea (most common, often frequent) • Extreme fatigue & low-grade fever • Loss of appetite & weight loss • Severe stomach cramps, bloating, gas • Nausea (vomiting is less common)	• Diarrhea lasts more than 3 days or keeps returning • You show signs of dehydration (extreme thirst, dry mouth, dark urine, or dizziness) • Symptoms worsen after eating fresh produce • <i>Note: Healthcare providers must specifically request a Cyclospora stool test; it is not part of routine checks</i>

 **Treatment & Recovery:** If diagnosed, this condition is highly treatable with a specific prescription antibiotic. Be sure to take your medication as directed, rest & drink plenty of fluids!

How to Prevent Infection: Fresh Produce Safety

Rinsing produce helps but **cannot guarantee** the parasite is removed. Follow these steps:

1.  **WASH:** Thoroughly wash hands, utensils, and cutting boards with hot, soapy water before and after preparing food.
2.  **PREPARE:** Wash all raw fruits / vegetables under cold, running water before eating, cutting, or cooking. Scrub firm items (like cucumbers) with a clean produce brush. Cut away bruised areas. Cook produce to a temperature of at least **158°F (70°C)** to kill the parasite.
3.  **STORE:** Keep fresh fruits/vegetables separate from raw meat, poultry, and seafood. Refrigerate any cut or peeled produce as soon as possible (always within **2 hours**).

Learn More (CDC Resources)

- [About Cyclosporiasis](http://www.cdc.gov/cyclosporiasis/about/index.html) | www.cdc.gov/cyclosporiasis/about/index.html
- [Preventing Cyclosporiasis](http://www.cdc.gov/cyclosporiasis/prevention/index.html) | www.cdc.gov/cyclosporiasis/prevention/index.html