

# Cyclosporiasis

FAQ: Food Facility Operators

July 7, 2026

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.

## Why am I receiving this?

Wood County Health Department is sharing this information because cases of cyclosporiasis have increased in our region. Restaurants play an important role in protecting and championing public health through safe food handling practices.

## Should I stop serving fresh produce?

No. At this time, public health officials are not recommending that restaurants stop serving fresh produce. Continue following standard food safety practices.

## Should produce be washed with soap, bleach, or other product?

No. Soap, bleach, disinfectants, or other products are not recommended for cleaning fruits and vegetables. **Rinse produce thoroughly under clean running water.**

## Should employees work if they have symptoms?

Employees experiencing symptoms of diarrhea or vomiting are restricted from all food handling and preparation duties. Any employee diagnosed with cyclosporiasis must be excluded from the establishment and follow Ohio Department of Health exclusion requirements.

## Continue following safe food-handling, including:

- **Thoroughly rinse** all fresh produce under clean running water before preparing or serving.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Remove damaged or bruised portions of produce.
- Wash and sanitize cutting boards, knives, utensils, prep tables, refrigeration units, and display cases.
- Prevent cross-contamination between raw produce and ready-to-eat foods.
- Cook foods thoroughly when appropriate. Heating food to at least 158°F (70°C) kills Cyclospora.

Learn more:  
<https://www.cdc.gov/cyclosporiasis/php/surveillance/index.html>



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Health Department