

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.

No specific food item or ingredient has been identified yet as the cause of this outbreak.

Local, state, and federal agencies are collaborating to determine the source from patient interviews, but this may take some time.

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.

What are symptoms of cyclosporiasis?

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

- » watery diarrhea (most common)
- » loss of appetite
- » weight loss
- » abdominal cramps
- » bloating
- » nausea
- » fatigue

How is cyclosporiasis diagnosed and treated?

Cyclosporiasis is diagnosed through stool testing through a healthcare provider. It is usually treated with sulfa-antibiotics such as Bactrim. If you are allergic to sulfa drugs, talk to your healthcare provider about other options.

Rest and staying hydrated is important for anyone experiencing diarrhea.

Prevent cyclosporiasis and other foodborne illness

- » **Wash your hands** with soap and water before and after handling, preparing, or eating fresh fruits and vegetables as well as after using the bathroom or changing a diaper.
- » **Thoroughly rinse all fruits and vegetables** under clean 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, cooking, or eating.
- » **Refrigerate** cut, peeled, or cooked fruits and vegetables as soon as possible, and store produce above and away from raw meat or seafood.
- » **Cooking** produce to at least **158°F (70°C)** or higher kills Cyclospora.

Who is at the most risk?

Immunocompromised People

Older Adults

Young Children

Pregnant People

Fresh fruits and vegetables remain an important part of a healthy diet.

If you prefer other options, canned or frozen fruits and vegetables are nutritious alternatives.

**And, as always,
when in doubt, cook it out!**

More Information

CDC Cyclospora Page:

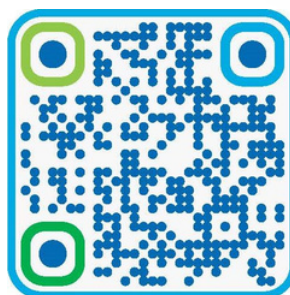
<https://www.cdc.gov/cyclosporiasis/about/index.html>

FDA Selecting and Serving Produce Safely:

<https://www.fda.gov/food/buy-store-serve-safe-food/selecting-and-serving-produce-safely>

Toledo Lucas County Health Department

<https://lucascountyhealth.com/cyclo/>



419-352-8402

woodcountyhealth.org

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