

What is cyclosporiasis?

Cyclosporiasis is an intestinal illness caused by the parasite *Cyclospora cayentanensis*. It is most commonly spread through contaminated food or water.

How is it spread?

Cyclospora spreads when people eat food or drink water contaminated with feces (stool). It takes at least 1-2 weeks in the environment (outside the body) for *Cyclospora* to become infectious after passing a bowel movement. This makes direct person-to-person transmission unlikely.

What are the symptoms of cyclosporiasis?

Symptoms of cyclosporiasis typically develop within 2 to 14 days after exposure and may include:

- watery diarrhea (the most common symptom)
- loss of appetite
- weight loss
- abdominal cramping and/or bloating
- nausea
- fatigue

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 by a healthcare provider and is usually treated with antibiotics. Rest and staying hydrated are important for anyone experiencing diarrhea.

How can cyclosporiasis be prevented?

- 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).