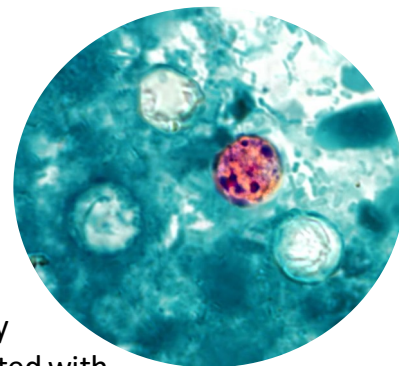


CYCLOSPORIASIS (*Cyclospora*)



What is cyclosporiasis and what are the symptoms?

Cyclosporiasis is an infectious disease caused by a parasite called *Cyclospora*. Most people infected with *Cyclospora* develop **watery diarrhea, stomach cramping, bloating** or **increased gas, fatigue**, and **nausea**. Symptoms typically start **around seven days** after ingesting the parasite. Sometimes people infected with *Cyclospora* will have no symptoms at all.

How long does it last?

Most people with cyclosporiasis typically feel better within **1 to 2 weeks**, but some symptoms like diarrhea can relapse or last up to a month or longer. People with healthy immune systems can recover with extra fluids and rest. Others may need an antibiotic, such as trimethoprim-sulfamethoxazole (Bactrim), prescribed by their health care provider.

How does it spread?

Cyclosporiasis is more common during the spring and summer months. *Cyclospora* is too small to be seen without a microscope and spreads from ingesting **food** or **water** contaminated with infected stool (feces). It is most commonly found in **fresh produce (fruits and vegetables)**, such as raspberries, snow peas, mesclun lettuce, basil, and cilantro. *Cyclospora* is **not** spread directly from one person to another.

How can I prevent *Cyclospora* infections?

Avoiding food or water that may have been contaminated with stool is the best way to prevent infection. However, following proper hand hygiene and food safety measures can help reduce risk.

Wash your hands with soap and water before and after handling, preparing, or eating fresh produce, and after using the bathroom or changing a diaper.



Wash produce items thoroughly under clean running water and scrub firm produce (like melons) with a produce brush before eating, cutting, or cooking.



Remove damaged or bruised areas on fresh produce and **peel** fruits and vegetables (if possible) before preparing, cooking, or eating them.



Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible or within two hours, and **store** produce items away from raw meats or seafood.



If you think you might have cyclosporiasis, contact your health care provider. Visit www.dph.illinois.gov or contact your [local health department](#) for more information.