



CYCLOSPORIASIS

What You Need to Know

Cyclosporiasis is an intestinal illness caused by the microscopic parasite *Cyclospora cayetanensis*. It can cause prolonged diarrhea and other symptoms. People get infected by swallowing food or drink contaminated with *Cyclospora*.



Symptoms usually start **7–14 days** after infection and can last for weeks to months if untreated.

SYMPTOMS

People with cyclosporiasis can have a wide range of symptoms from mild to severe.



Watery diarrhea



Loss of appetite



Nausea



Fatigue



Bloating, gas, or stomach cramps



Weight loss

Symptoms can last days to weeks. Without treatment, some people may have symptoms for several months or even longer.

HOW IT SPREADS

Cyclospora spreads when a person swallows oocysts (the infectious stage of the parasite) in food or drink contaminated with feces.

Common sources include:



Fresh produce, especially imported berries, leafy greens, basil, snow peas, and cilantro



Contaminated water, including recreational water such as streams and lakes



Travel to areas where *Cyclospora* is common, including parts of Asia, the Caribbean, Mexico, Central and South America, and Africa



Poor hand hygiene, such as after using the toilet or changing diapers

DIAGNOSIS

Your healthcare provider will ask about your symptoms and recent travel. A stool sample is needed to look for *Cyclospora* oocysts.



TREATMENT

Cyclosporiasis is treated with antibiotics. Talk with your healthcare provider if you think you have cyclosporiasis.

Drink plenty of fluids to prevent dehydration.



WHO IS AT RISK?

Anyone can get cyclosporiasis. Travelers to areas where *Cyclospora* is common have a higher risk.

People with weakened immune systems may have more severe or prolonged illness.



People are thought to be infectious while they are having diarrhea.

INFECTIOUS PERIOD



You can continue to shed oocysts in your stool for days to weeks after diarrhea stops.

While highly infectious, cyclosporiasis cannot be spread from person to person.

PROTECT YOURSELF AND OTHERS



WASH YOUR HANDS

Wash with soap and water for at least 20 seconds, especially after using the toilet, changing diapers, and before eating or preparing food.



WASH FRUITS AND VEGETABLES

Wash all fresh fruits and vegetables thoroughly with clean water before eating, cutting, or cooking.



DRINK SAFE WATER

Drink treated or disinfected water. Do not drink from lakes, streams, or untreated water sources.



COOK IT, PEEL IT, OR LEAVE IT

Cook foods thoroughly. Peel fruits and vegetables if you can't wash them well.



BE TRAVEL SMART

Follow food and water safety tips when traveling abroad. Be especially careful with fresh produce and water.



If you have diarrhea while traveling or after returning home, see a healthcare provider.

For more information, visit www.cdc.gov/parasites/cyclosporiasis

