

LEARN ABOUT

FACTS ABOUT CYCLOSPORIASIS



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider

What is Cyclosporiasis?

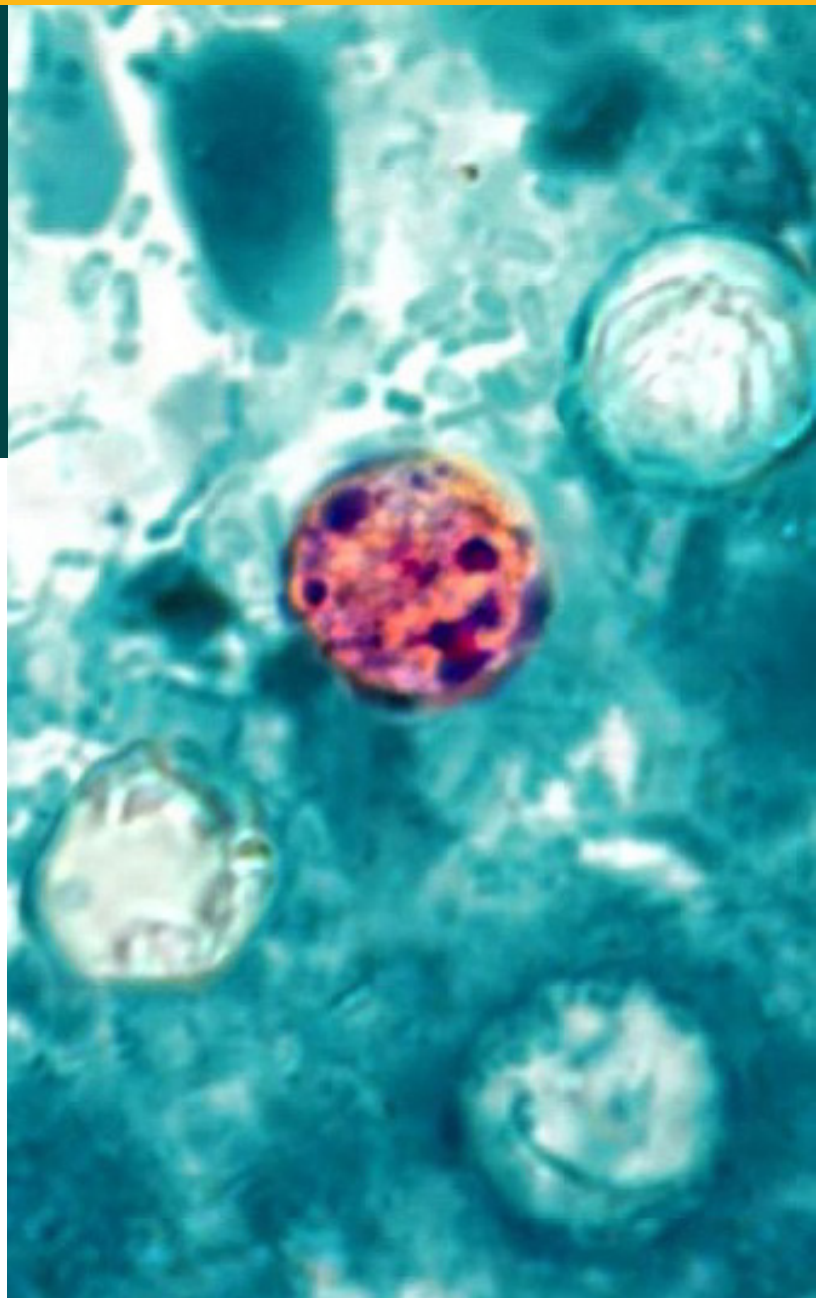
- Cyclosporiasis is an illness caused by a tiny parasite called Cyclospora that infects the intestines
- People get sick by eating food or drinking water contaminated with the parasite
- The illness usually causes diarrhea and is not usually life-threatening

Am I at risk of getting Cyclosporiasis?

- Anyone can get Cyclosporiasis, no matter their age
- In the United States, most infections are linked to contaminated fresh fruits and vegetables
- People who travel to tropical or subtropical areas may have a higher risk of infection

How is it spread?

- Cyclospora spreads when people eat food or drink water that has been affected by the parasite
- It does not spread from person to person.
- You can get infected again if you have been previously exposed to the parasite





What are the symptoms?

The most common symptom is watery diarrhea.

Other symptoms include:

- Diarrhea
- Stomach cramps
- Nausea
- Loss of appetite
- Tiredness
- Weight loss
- Low-grade fever

Symptoms usually begin about **1 week** after eating or drinking something contaminated but can start anywhere from **2 days to 2 weeks** later.

What should I do if I have symptoms?

- Contact your healthcare provider if you have symptoms of Cyclosporiasis
- If you're experiencing prolonged diarrhea, dehydration, or severe stomach pain, seek medical care right away

How is it diagnosed?

- Cyclosporiasis is diagnosed by testing a person's feces (stool) sample
- Special testing is needed to find Cyclospora, so your healthcare provider may need to specifically request it

Is there medication for treating Cyclosporiasis?

- Cyclosporiasis is usually treated with an antibiotic prescribed by a healthcare provider
- Rest, drink plenty of fluids, and follow your healthcare provider's instructions while you recover
- Without treatment, most healthy people recover, but the illness may last longer or return

How can I prevent Cyclosporiasis?

- Wash your hands with soap and water before preparing or eating food
- Wash fresh fruits and vegetables well under running water before eating or preparing them
- When possible, use frozen produce, and cook to 158°F to kill the parasite
- When traveling abroad, drink bottled water