

LEARN ABOUT

REDUCING YOUR RISK OF CYCLOSPORA INFECTION



What is Cyclosporiasis?

Cyclosporiasis is an intestinal illness caused by the microscopic parasite *Cyclospora cayetanensis*, also known as *Cyclospora*.

People can become infected by consuming food or water contaminated with the parasite. *Cyclospora* spreads when food or water has been contaminated with feces (stool).



Protect yourself from cyclosporiasis

Although Cyclosporiasis is usually not life-threatening, you can reduce your risk by practicing good food safety and proper hand hygiene.

HAND HYGIENE

Wash your hands with soap and water before and after handling or preparing raw fruits and vegetables

GENERAL FOOD SAFETY

- Wash all fruits and vegetables thoroughly under running water before eating, cutting, or cooking
- Fruits and vegetables labeled “prewashed” do not need to be washed again at home
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush
- Cut away any damaged or bruised areas before preparing and eating
- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, preferably within 2 hours

Food-specific preparation

While the source of the infection is not currently known, the foods below have been linked to past outbreaks



LETTUCE

- Purchase whole heads of lettuce instead of prewashed, bagged lettuce or salad mixes
- Remove the outer two to three leaves
- Wash the remaining leaves thoroughly under running water

RASPBERRIES

- Their surface is difficult to clean thoroughly
- Consider using cooked raspberries (such as in pies or jams) or frozen raspberries
- Freezing may reduce, but does not eliminate, the parasite



GREEN ONIONS

- Trim the root end
- Remove the outer layer
- Wash thoroughly under running water



CILANTRO AND BASIL

- Separate the leaves
- Wash thoroughly under running water



SNOW PEAS

- Wash thoroughly under running water while rubbing the surface
- Cooking is the safest option

Whenever possible, cook produce

Heating food to 158°F (70°C) or higher kills Cyclospora