

Cyclosporiasis

Cyclosporiasis is a foodborne illness caused by the parasite **Cyclospora**. It is most often linked to contaminated fresh produce and causes diarrhea and other digestive symptoms.

How It Spreads

- Eating contaminated fresh fruits or vegetables
- Drinking contaminated water
- Consuming food handled under poor sanitation conditions

*Cyclospora is **not usually spread directly from person to person** because the parasite needs time in the environment before it becomes infectious.*

Symptoms

- Watery diarrhea
- Loss of appetite
- Weight loss
- Stomach cramps or bloating
- Nausea
- Fatigue
- Low-grade fever (sometimes)

When to Seek Medical Care

- Dehydration
- Prolonged diarrhea lasting weeks
- Weight loss
- Fatigue affecting daily activities
- More severe illness in young children, older adults, and people with weakened immune systems

Protect Yourself & Others

- Wash fruits and vegetables thoroughly under running water before eating, cutting, or preparing them
- Wash your hands with soap and water before preparing food
- Drink safe, clean water
- Follow safe food-handling and storage practices
- Contact a healthcare provider if you develop prolonged watery diarrhea

Questions or Need to Report an Illness?

Report a possible case or exposure, please contact

SRPMIC Public Health 480-362-2603

