

Cyclosporiasis

Fact Sheet



Cyclosporiasis is an intestinal illness caused by the parasite *Cyclospora cayetanensis*.



People get infected by ingesting food or water contaminated with feces (stool) that contains the parasite. *Cyclosporiasis* is not spread directly from one person to another.

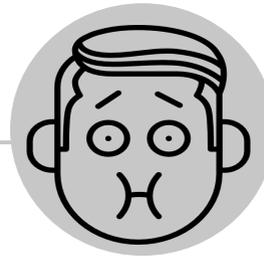
Signs and Symptoms



Watery Diarrhea



Stomach Cramps



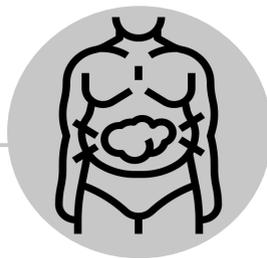
Nausea



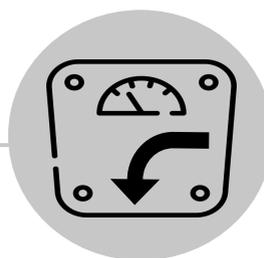
Fatigue
(feeling tired)



Loss of appetite



Bloating



Extreme Weight loss



Gas

Symptoms begin about one week after ingestion. If left untreated, symptoms can last for several weeks to months. Some symptoms can go away and then return during that time. It is common to feel fatigued, or very tired, even after other symptoms have gone away.



Talk to your healthcare provider if you think you have cyclosporiasis. Your healthcare provider may ask for a stool sample to send to a laboratory.

The recommended treatment is a combination of two antibiotics. People who have diarrhea should also rest and drink plenty of fluids.



Spread



Cyclosporiasis occurs in many countries, but is most common in tropical regions. People living or traveling in these regions may be at increased risk for infection.



In the United States, foodborne outbreaks have been linked to various imported fresh produce such as raspberries, basil, snow peas, mesclun lettuce, and cilantro.

Prevention



Wash hands with soap and warm water when handling fruits and vegetables.



Wash all fruits and vegetables under running water before eating, cutting, or cooking.



When traveling internationally, follow safe food and water habits.

For More Information, Visit:



1. www.maine.gov/dhhs/cyclosporiasis
2. www.cdc.gov/cyclosporiasis

You can also call Maine CDC at 1-800-821-5821.