



# Indiana State Department of Health

## Epidemiology Resource Center

### Quick Facts

#### About...Cyclosporiasis

##### What is cyclosporiasis?

Cyclosporiasis (sigh-clo-spore-EYE-uh-sis) is an illness caused by a microscopic parasite. It is commonly spread by eating or drinking contaminated foods. It can survive outside the body and in the environment for a long amount of time.

##### What are the symptoms of cyclosporiasis?

Symptoms usually begin one week after exposure and may last a few days to a month. Symptoms include:

- Watery diarrhea
- Loss of appetite
- Increased gas
- Stomach cramps
- Nausea
- Vomiting
- Fatigue
- Weight loss

##### How is cyclosporiasis spread?

There are three main ways to become sick with *Cyclospora*:

- Eating contaminated food, such as fresh produce, or drinking water, while traveling to countries where it is common.
- Swallowing contaminated water from lakes, rivers, or streams.
- Swallowing treated but unfiltered drinking or recreational water.

##### Who is at risk for getting cyclosporiasis?

Anyone can become ill, but young children, senior adults, pregnant women, and immune suppressed individuals (such as patients on cancer drugs and with organ transplants) are at high risk for illness.

## **How do I know if I have cyclosporiasis?**

A person with diarrhea that lasts  $\geq 24$  hours should consult a doctor. The doctor may collect a stool sample to test for Cyclosporiasis.

## **How is cyclosporiasis treated?**

Medication can help. Since diarrhea can cause dehydration, a person with cyclosporiasis should also drink plenty of fluids.

## **How can cyclosporiasis be prevented?**

In general, cyclosporiasis can be prevented by:

- Washing hands properly
- Separate raw and cooked foods
- Wash all produce before cooking or eating raw
- Avoid drinking untreated water
- Do not change diapers near swimming pools lakes, ponds, creeks, hot tubs, and other water sources.
- Travel safely while outside the United States:
  - Drink bottled drinks and water, even when brushing teeth.
  - Do not eat uncooked fruits or vegetables unless you peel them yourself.
  - Do not eat foods or drinks from street vendors.
  - Do not drink or eat local water or ice.

All information presented is intended for public use. For more information, please refer to: <http://www.cdc.gov/parasites/cyclosporiasis/>

Information on Healthy Water may be found at:  
<http://www.cdc.gov/healthywater/>.

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