



QUICK FACTS ABOUT....

Cyclosporiasis

What is Cyclosporiasis?

Cyclosporiasis (sigh-clo-spore-EYE-uh-sis) is an infection caused by a very small, one-celled parasite called *Cyclospora cayetanensis*. In the past, cyclosporiasis was usually found in developing countries, but in the last several years, more infections have been reported in the United States.

How is Cyclosporiasis spread?

You can get cyclosporiasis by eating food, such as fresh fruit, or drinking water contaminated with the stool (bowel movement) of an infected person.

Cyclosporiasis is probably not transmitted person-to-person. It is not known if animals can pass infection to people.

What are the symptoms of Cyclosporiasis?

- Watery diarrhea
- Loss of appetite
- Increased gas
- Stomach cramps
- Nausea
- Vomiting
- Muscle aches
- Fatigue
- Slight fever
- Weight loss

Symptoms of cyclosporiasis may appear about one week after a person becomes infected. Without medicine, the illness may last from a few days to a month or longer. People can feel better and then get worse again. Some people with cyclosporiasis may not get sick but can still pass the disease to others. People who have had the disease before can become infected again.

How do I know if I have Cyclosporiasis?

If you think you have cyclosporiasis, talk with your doctor about testing. Your doctor will probably ask for stool samples to test for the parasite.

How is Cyclosporiasis treated?

Your doctor can prescribe medicine (antibiotics) to treat cyclosporiasis. Since diarrhea can cause dehydration, people with diarrhea should also drink plenty of fluids.

How can Cyclosporiasis be prevented?

- Always wash hands with soap and water:
 - after using the bathroom;
 - after touching anything soiled with stool; and
 - before eating and preparing food.
- Supervise young children when they are washing their hands.
- Wash or peel all uncooked vegetables and fruits.

People who travel outside of the United States can avoid getting cyclosporiasis by following these precautions:

1. Drink bottled beverages;
2. Do not eat uncooked fruits or vegetables unless you peel them yourself;
3. Do not eat foods or beverages from street vendors.

References:

[*Centers for Disease Control and Prevention*](#)
[*Indiana State Department of Health*](#)