

Cyclospora

WHAT IS *CYCLOSPORA*?

Cyclospora is a parasite that can cause infection from consuming contaminated food or water. People in areas where *Cyclospora* is common, whether they live there or are visiting, might have a higher chance of getting sick.

Those most at risk of infection include:

- People living or traveling to tropical or subtropical regions of the world

HOW IS *CYCLOSPORA* TRANSMITTED?

It spreads when individuals swallow the *Cyclospora* parasite. This can happen through contaminated food or water.

WHAT FOODS CAN BE CONTAMINATED WITH *CYCLOSPORA*?

Foodborne outbreaks of *Cyclospora* have been associated with different kinds of fresh produce, including:

- Raspberries
- Basil
- Cilantro
- Snow peas
- Mixed greens

WHAT ARE THE SYMPTOMS OF *CYCLOSPORA* INFECTION?

Symptoms vary depending on the person infected and their own medical history. Common symptoms include:

- Diarrhea
- Bloating
- Nausea
- Vomiting
- Fever
- Abdominal Cramping
- Headache

HOW DO I PREVENT *CYCLOSPORA* CONTAMINATION?

- Wash hands with soap and warm water before and after handling produce
- Clean cutting boards, utensils and countertops with soap and hot water after use
- Wash all fruits and vegetables before eating or cooking



Before traveling, research the destination to determine if *Cyclospora* is common in that area.

TREATMENT FOR *CYCLOSPORA*

The recommended treatment consists of a combination of antibiotics. Additionally, individuals with diarrhea should rest and drink plenty of fluids.

RETURN TO WORK GUIDELINES

People who work in settings with a high risk of spreading infections, such as:

- Restaurants
- Healthcare facilities
- Daycares

Or children who attend daycare should wait until they have been free of symptoms for 24 hours before returning.



IF YOU BELIEVE YOU HAVE BEEN EXPOSED AND ARE SICK WITH *CYCLOSPORA*, CONTACT YOUR PRIMARY CARE PROVIDER RIGHT AWAY!



Kentucky Public Health
Prevent. Promote. Protect.