



CYCLOSPORIASIS FACT SHEET

WHAT IS CYCLOSPORIASIS?

Cyclosporiasis is an intestinal illness caused by the microscopic parasite. The parasite is most commonly found in tropical and subtropical regions.

HOW DO YOU GET CYCLOSPORIASIS?

People become infected with Cyclospora by ingesting the parasite. This most commonly occurs when food or water contaminated with feces is consumed. Foodborne outbreaks of Cyclosporiasis have occurred and included various types of imported fresh produce, including raspberries, basil, snow peas, and lettuce.

SYMPTOMS

Symptoms of Cyclosporiasis typically begin 7 days after ingestion of the parasite and may include:

- Watery diarrhea
- Loss of appetite
- Weight loss
- Cramping
- Bloating
- Increased gas
- Nausea
- Fatigue
- Vomiting
- Low-grade fever

TREATMENT

Trimethoprim/sulfamethoxazole (TMP/SMX) is the usual therapy for Cyclospora infection. Most people who have healthy immune systems will recover without treatment. Discuss treatment options with your doctor.

PREVENTION

The best way to prevent Cyclosporiasis is to avoid food or water that may have been contaminated with feces. Treatment with chlorine or iodine is unlikely to kill the parasite.

DGHD EFFORTS

Reports of suspected and confirmed cases of disease are made to the Delaware General Health District (DGHD). The DGHD investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.