

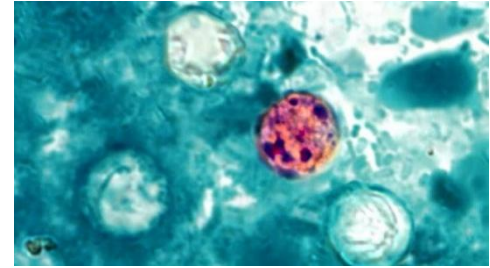
**Cyclosporiasis** is caused by a parasite called *Cyclospora cayentanensis*, also known as Cyclospora. It is an intestinal infection that spreads when people ingest food or water contaminated with fecal matter. Infection occurs in the small intestine or bowel. Symptoms can appear two days after consumption and can potentially elongate without treatment. According to the CDC, there are more than 1,644 cases and 94 hospitalizations thus far. [More information on the ongoing Foodborne Illness Investigation.](#)

## WHAT I NEED TO KNOW...

- Avoid recalled food products.
- Linked to raspberries, cabbage, basil, cilantro, parsley, broccoli, snow peas, sugar snap peas, and leafy greens.
- Thoroughly wash your hands and produce.
- Contact EH&S at [ehs@cpp.edu](mailto:ehs@cpp.edu) or (949) 869-4697 for more information.

## What are signs and symptoms of Cyclosporiasis?

Symptoms may or may not appear in an infected individual in an area where cyclosporiasis is endemic. Symptoms include watery diarrhea, loss of appetite, weight loss, abdominal aches, bloating, nausea, fatigue, and increased gas. Others may also experience vomiting, headaches, body aches, and flu-like symptoms.



## How is Cyclospora spread?

Cyclospora spreads when individuals consume food or water contaminated with fecal matter. Cyclosporiasis is not likely to be transmitted from person to person since Cyclospora requires days to weeks to become infectious after passing in a bowel movement.

## Who is at risk?

Individuals who are immunocompromised, elderly, and children are more susceptible to experience severe dehydration and health complications that may require longer treatment. Individuals traveling to areas where Cyclosporiasis is endemic are highly susceptible to being infected with Cyclospora.

## What is the incubation period?

On average, it takes about a week for an individual to become infected and get sick. Symptoms may start developing within 2-14 days, possibly more depending on the individual's immune system.

## How can Cyclosporiasis be prevented?

- Avoid consumption of food and water that may be contaminated with feces.
- Wash your hands with soap and water for at least 20 seconds before and after handling any raw fruits and vegetables.
- Follow instructions placed on produce if labeled as pre-washed.
- Wash fruits and vegetables under running water before cutting, cooking, or eating.
- Any produce that can be cooked will need to be heated at a minimum of 158°F.
- Refrigerate any cut, peeled, or cooked fruits and vegetables within two hours.

Note: Cyclosporiasis may be resistant to chemical disinfection methods such as chlorine.



## Is there any treatment for Cyclosporiasis?

Antibiotics are accessible to treat Cyclosporiasis. If not treated, the infection can develop a relapse and last up to a month or longer.

\*If you are experiencing any symptoms, please contact the Student Health Center at **(909) 869-4000** or visit your local health care provider.

## References

[Cyclospora | FDA](#)  
[Cyclosporiasis | CDC](#)  
[Cyclosporiasis Outbreak | CDC](#)