

Cyclosporiasis (Cyclospora)

What is Cyclosporiasis?

- Cyclosporiasis is an illness caused by a microscopic parasite called Cyclospora.
- Cyclosporiasis is commonly spread through food or water contaminated with feces (poop).
- Cyclospora are most commonly found in tropical environments, or on food imported from tropical regions. However, it is possible to become sick with Cyclosporiasis at any time.

Who can get Cyclosporiasis?

Cyclospora are too small to be seen and it only takes a small amount to make you sick. Anyone can become sick from it.

People can get Cyclosporiasis from:

- Traveling to or living in a tropical region
- Eating fresh produce or other food contaminated with Cyclospora
- Drinking contaminated or untreated water

Symptoms of Cyclosporiasis:

Symptoms usually start about 1 week after exposure, and if left untreated, may last for several weeks or longer.

Symptoms may include:

- Watery diarrhea
- Stomach cramps or pain
- Weight loss
- Gas / Bloating
- Nausea / Vomiting
- Fatigue
- Fever



What to do if you have symptoms:



Contact your health provider if you have concerns or questions about your health, especially if you have bloody diarrhea or severe stomach cramping. They may ask you to submit a stool (poop) sample to diagnose Cyclosporiasis.

Tell your healthcare provider if you have other medical conditions or a weakened immune system (such as HIV infection or from chemotherapy treatment) because you may be more likely to become severely ill.

How to decrease your chance of getting Cyclosporiasis:

There is no vaccine for Cyclosporiasis, the best way to decrease your chance of infection is to practice good hygiene.

-Wash your hands often, especially:

- after using the bathroom
- before, during, and after preparing food
- after touching feces (poop)



-Make sure to cook all foods all the way.

-Wash all fruits and vegetables before eating them.

-Avoid possibly contaminated water, especially when traveling.

Treatment:



People with a Cyclosporiasis infection should drink plenty of fluids to prevent dehydration.

Your doctor may give a specific antibiotic, Trimethoprim/sulfamethoxazole (TMP/SMX), to aid in the recovery process. If your healthcare provider gives antibiotics for a Cyclosporiasis infection, take them exactly as instructed. Make sure you take all the pills even if you feel better.