

Cyclospora

What is Cyclospora?

Cyclospora is a tiny parasite that can cause a stomach illness called cyclosporiasis. People can get it by eating contaminated food or drinking contaminated water. It is most often linked to fresh fruits, vegetables, and herbs.

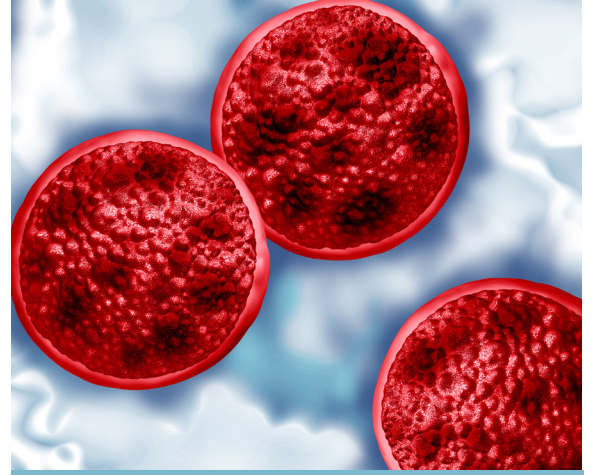
Cyclospora is not usually spread from person to person and does not spread through coughing, sneezing, or casual contact. Symptoms usually begin about one week after exposure, but they can start anywhere from 2 days to 2 weeks later.

When Should You Contact Your Healthcare Provider?

Occasional diarrhea is common and is not always a sign of Cyclospora. Contact your healthcare provider if you have:

- **Watery diarrhea** that lasts several days or keeps coming back
- **Loss of appetite** or unexplained weight loss
- **Stomach cramps**, bloating, or gas
- **Nausea** or vomiting
- **Fatigue** or a mild fever
- Symptoms that come and go or last for **days or weeks**

Your healthcare provider can determine if testing is needed and may order a stool test to check for Cyclospora.



Quick Facts:

- **Thousands of cases have been reported nationally. A large number of cases have been identified in Michigan, Ohio, Indiana, Kentucky and West Virginia.**
- **Health officials have linked many cases to shredded iceberg lettuce from a specific supplier, and the affected products have been recalled.**
- **Investigations are ongoing to identify the source of other reported cases.**
- **Local restaurants, grocery stores, and food suppliers are following state and federal guidance to help keep the food supply safe.**

How to Reduce Your Risk

1. **Wash fresh fruits and vegetables** under running water before eating, even if you plan to peel them.
2. **Check for food recalls** and throw away or return any recalled lettuce or salad products.
3. **When eating out**, you can ask where fresh produce comes from, especially lettuce, salad greens, herbs, and berries.
4. **Wash hands** before preparing or eating food and **keep produce separate from raw meat** during storage and preparation.
5. The best way to prevent Cyclospora is to **avoid contaminated food and water.**
6. **Cooking vegetables to 158°** will kill the parasite.



STAY UPDATED:

For the latest information, scan the QR code or visit the Indiana Department of Health webpage on cyclosporiasis.



SCHNECK

Jackson County Health Department