

CYCLOSPORIASIS:

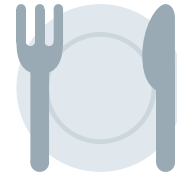
A GASTROINTESTINAL ILLNESS CAUSED BY THE PARASITE

Cyclospora cayetanensis.



CYCLOSPORA IS SPREAD

by ingesting food or water that has been contaminated with feces.



INFECTION TYPICALLY OCCURS

between **2-14 days** after a person consumes contaminated food or water.



SYMPTOMS MAY INCLUDE

Watery diarrhea

Stomach cramps

Bloating

Nausea

Weight loss

Loss of appetite

Fatigue

Increased gas



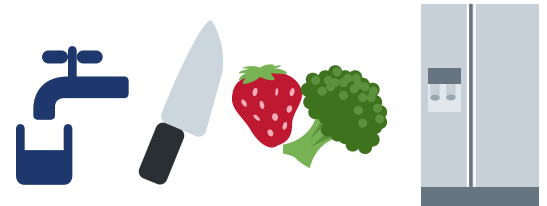
If not treated, the illness may last from a few days to a month or longer.

Symptoms may seem to go away and then return one or more times.

The recommended treatment is a combination of two antibiotics, trimethoprim-sulfamethoxazole, also known as Bactrim, Septra, or Cotrim. People who have diarrhea should also rest and drink plenty of fluids.

PREVENTION TIPS

Avoiding food or water that might have been contaminated with feces may help prevent infection.



WASH

- Wash hands with soap and warm water before and after handling or preparing food.
- Wash cutting boards, dishes, utensils, and counter tops with soap and hot water between prepping meat and uncooked fruits and vegetables.

PREPARE

- Wash all fruits and vegetables thoroughly under running water before eating, cutting, or cooking.
- Cut away any damaged or bruised areas on fruits and vegetables before preparing and eating.

STORE

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours.
- Store fruits and vegetables away from raw meat, poultry, and seafood.

For more information, please visit [Centers for Disease Control and Prevention](#) or [Food and Drug Administration](#).