

Cyclosporiasis:

What you need to know



What is cyclosporiasis?

Cyclosporiasis is a gastrointestinal illness caused by the parasite *Cyclospora*. Symptoms can include watery diarrhea, loss of appetite, and weight loss.

How it's spread

You can get cyclosporiasis by eating food or drinking water contaminated with *Cyclospora*.

How to reduce your risk

Food safety advice: Wash, prepare, and store.



Wash hands with soap and water before and after handling or preparing raw fruits and vegetables.



Cut away any damaged or bruised areas on fruits and vegetables.



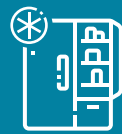
Wash raw fruits and vegetables thoroughly under running water before eating, cutting, or cooking.



Cooking can kill *Cyclospora*. Since washing alone cannot guarantee *Cyclospora* removal, you can cook produce to a temperature of at least 158 °F (70 °C).



Scrub firm fruits and vegetables, such as melons and cucumbers, with a clean produce brush.



Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible (within 2 hours).

Stay up to date on outbreak alerts and recalls and follow food safety advice to reduce your risk of getting sick from *Cyclospora*.



U.S. CENTERS FOR DISEASE
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cdc.gov/cyclosporiasis

