

## What kind of infection is it?

*Cyclospora cayetanensis* is a single celled parasite.

## How do people get infected?

- *Cyclospora* is found all over the world.
- Many infections are in people who have traveled to poor countries.
- Outbreaks have been due to eating contaminated fresh lettuce, cilantro, basil, and raspberries.

## What are the usual symptoms?

- Illness usually develops about a week after exposure but can be from 2-14 days.
- Nausea, poor appetite, gas, bloating, diarrhea, stomach cramps, fatigue, low grade fever, and weight loss.
- Symptoms can come and go.

## How long does it last?

- Without treatment symptoms often last 3-4 weeks.

## How is it treated?

- Prevent and treat dehydration. Warning signs of dehydration include dry mouth, decreased urination, or dizziness.
- Because it tends to last a long time, most people with *Cyclospora* benefit from treatment with a specific type of antibiotic. Ask your doctor about treatment.

## Are there possible complications?

- Significant weight loss can occur.
- A few people have developed infections of the gall bladder.

## Comments:

- The best way to avoid *Cyclospora* is to avoid food and water that may be contaminated with human waste.
- When traveling to poor countries, avoid untreated water or ice made with untreated water. Eat cooked foods that are served hot.

## Resources:

- [CDC Handout](#)