

IDRS Infectious Disease Reporting System

Disease Reporting 24 Hours a Day

Columbus Public Health and Franklin County Public Health

CYCLOSPORIASIS

Cyclosporiasis is caused by a one-celled parasite that infects the small intestine. It is more common in developing countries, but can sometimes be acquired within the United States.

Symptoms

Symptoms of Cyclosporiasis start approximately one week after being infected. They may include:

- watery diarrhea (may be explosive)
- loss of appetite and weight
- increased gas, bloating, stomach cramps
- nausea and vomiting
- muscle aches
- low-grade fever
- fatigue
- Some people who are infected with Cyclospora do not have any symptoms.
- The illness may be brief, but can last over a month if not treated. Symptoms may go away and return.

Transmission

- Cyclospora are common in many developing countries, and people may become ill after traveling.
- In the United States, people usually get cyclosporiasis from contaminated food or water. Cooking kills cyclospora, so foods that are eaten fresh like fruits or vegetables are more likely to make people sick.
- People carry the parasite in the stool (poop). However, it takes several days after leaving the body for the germ to reactivate. It is unlikely that Cyclospora can pass directly from one person to another.

Treatment

- Not all labs can test for Cyclospora. A health care provider will need to order a special test to diagnose the infection.
- A health care provider can treat the infection with Bactrim, which is a combination of two antibiotics.
- People who have diarrhea should rest and drink plenty of fluids.

Prevention

- Because fresh produce is often the cause of Cyclospora outbreaks, it is very important to wash fruits and vegetables with clean, running water before eating.
- When traveling to developing countries, make sure all food is cooked before you eat it. Don't eat fresh vegetables or fruits unless you peel them yourself.
- Ohio Law says that people with cyclosporiasis who attend a child care center or who work in food service, patient care, or child care should stay home until the diarrhea is gone. They should also start taking antibiotics before returning to work or child care.

All information is general in nature and is not intended to be used as a substitute for appropriate professional advice.



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