

## Cyclospora

### What is Cyclospora?

Cyclospora cayetanensis is a parasite that causes watery diarrhea, with frequent and sometimes explosive diarrhea. Other symptoms can include loss of appetite, loss of weight, bloating, stomach cramps, nausea, vomiting, muscle aches, low-grade fever, and fatigue.

This infection can be acquired worldwide but persons living or travelling in developing countries may be at a higher risk.

### How is Cyclospora spread?

Cyclospora oocysts (eggs) are excreted by infected people and under certain conditions can be transmitted through food or water. It is suspected that food contamination occurs through contact with polluted water or infected workers during cultivation, harvest, packaging, or transportation.

Investigations have shown that imported fresh fruits and vegetables are the most likely sources of Cyclospora contamination (i.e., raspberries, basil, lettuce).

### How can you prevent Cyclospora?

Washing fruits and vegetables is always recommended, however, it may not prevent Cyclospora infection.

Baking, cooking, and possibly freezing fruits and vegetables will eliminate the risk of infection.

### Treatment

If untreated, symptoms last from a few days to a month or longer. Symptoms may seem to go away and then return.

Proper treatment with antibiotics has been shown to be effective. People who have diarrhea should rest and drink plenty of fluids.

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**Kingston**  
221 Portsmouth Avenue  
Kingston, ON K7M 1V5  
Tel: 613-549-1232  
1-800-267-7875  
Fax: 613-549-7896

**Cloyne**  
P.O. Box 59  
14209 Highway 41  
Cloyne, ON K0H 1K0  
Tel: 613-336-8989  
Fax: 613-336-0522

**Napanee**  
41 Dundas Street  
Napanee, ON  
K7R 1Z5  
Tel: 613-354-3357  
Fax: 354-6267

**Sharbot Lake**  
P.O. Box 149  
1130 Elizabeth Street  
Sharbot Lake, ON K0H 2P0  
Tel: 613-279-2151  
Fax: 613-279-3997