Cyclospora

Connecticut is seeing a rise in cases of cyclosporiasis this summer

Cyclosporiasis is an illness caused by a parasite that can spread through contaminated food or water. The good news is that there are simple steps you can take to lower your risk.

WHAT YOU CAN DO

- Wash your hands before and after preparing food.
- Wash fresh fruits and vegetables under running water before eating them.
  Washing alone cannot kill the parasite, however it is good practice and helps prevent cross-contamination
- Clean cutting boards, knives, and countertops before and after use.
- Keep cut fruits and vegetables in the refrigerator.
- Cooking to a temperature of at least 158 °F (70°C) can kill the parasite.

Symptoms may include watery diarrhea, stomach cramps, nausea, and loss of appetite. If you have diarrhea that is severe or does not go away, contact your healthcare provider.

Wash Well. Eat Well. Stay Well.

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Additional Information at:
https://www.cdc.gov/cyclosporiasis/index.html

Connecticut River Area Health District
Public Health