

## **Cyclosporiasis**

Agent: *Cyclospora cayetanensis* (parasite)

Mode of Transmission: Can be spread by ingesting food or water contaminated with *Cyclospora*. *Cyclospora* are resistant to chlorine and iodine treatment and are unlikely to be killed by routine chemical disinfection or sanitizing methods. Direct person-to-person transmission has not been documented.

Signs/Symptoms: Profuse watery diarrhea commonly occurs, along with nausea, anorexia, substantial weight loss, abdominal bloating or cramping, increased gassiness and prolonged fatigue. Low-grade fever and vomiting are uncommon but can occur. Some infected persons are asymptomatic, particularly in settings where cyclosporiasis is endemic. If not treated, symptoms can persist for a month or more.

Prevention: Fresh produce should be washed thoroughly before it is consumed. No vaccine for cyclosporiasis is available.

Other Important Information: *C. cayetanensis* is known to be endemic in many resource-limited countries and has been reported as a cause of traveler's diarrhea. Most outbreaks reported in the U.S. have been associated with the consumption of imported fresh produce, including raspberries, basil, cilantro, snow peas and lettuce. No commercially frozen or canned produce has been implicated as the source of an outbreak.

<b>Cyclosporiasis: 2015 Data Summary</b>	
Number of Cases:	8
5-Year Average Number of Cases:	2.4
% Change from 5-Year Average:	+233%
Incidence Rate per 100,000:	0.1

During 2015, 8 cases of cyclosporiasis were reported in Virginia, representing a 100% increase from the 4 cases reported in 2014 and a 233% increase from the five-year average of 2.4 cases per year. Six cases occurred in adults and two occurred in children. Cases were split equally by sex, (4 males, and 4 females).

Geographically, the northwest region had the highest number of infections, with five cases reported. No other region in Virginia had more than one reported case. Seven of the individuals consumed fresh produce prior to symptom onset and one travelled internationally. Most cases and outbreaks of cyclosporiasis in the U.S. occur in spring and summer months, but not all cases identified during the same time of year are caused by the same exposure. During 2015 in Virginia, 50% of cases occurred in June and July.

CDC and other institutions are working to develop advanced molecular detection methods for *C. cayetanensis* that could distinguish among strains of this parasite. In the future, DNA fingerprinting methods could help public health investigators determine whether cases of cyclosporiasis are linked to each other and to particular food items or other sources of infection.