

# Cyclosporiasis



Infectious Disease  
Epidemiology &  
Prevention Division

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## What is cyclosporiasis?

Cyclosporiasis (cy-clo-spo-ry-uh-sis) is an illness caused by a microscopic parasite, *Cyclospora cayetanensis*. Food or water can become contaminated with stool (poop) that contains the parasite. People can then become sick by consuming the contaminated food or water.

### What are the symptoms?



## How can it be prevented?

- 1 Wash your hands with warm, soapy water, especially after using the bathroom, changing diapers, and preparing food.
- 2 Avoid drinking untreated water.
- 3 Separate raw and cooked foods and wash all produce before cooking or eating raw.
- 4 Travel safely while outside the United States by:
  - Drinking bottled drinks and water
  - Do not eat uncooked fruits or vegetables
  - Do not eat foods or drinks from street vendors
  - Do not drink or eat local water or ice

### How long do symptoms last?

- Symptoms begin around seven days after exposure but can range from 2-14 days
- Symptoms can last for a few days to more than a month if left untreated
- If left untreated individuals can experience a cycle of symptoms where they feel sick, then feel better, then feel sick again

### How is cyclosporiasis diagnosed?

Cyclosporiasis is normally diagnosed through laboratory testing of a feces sample. Sometimes, diagnosis can be challenging because some patients may not shed enough of the parasite to be detected, even if they are experiencing symptoms.

## How does it spread?

Cyclosporiasis is usually transmitted when someone consumes food or water that has been contaminated with feces containing the parasite. Person-to-person spread is unlikely, but can be spread by:



Eating contaminated food while traveling to countries where cyclosporiasis is common.



Consuming food or water from contaminated water sources.



Swallowing treated but unfiltered drinking or recreational water.

For more information, visit the  
Indiana Department of Health  
[cyclosporiasis webpage](#).

