

# Prevent Cyclosporiasis

*Clean Hands. Safe Food. Safe Travels.*



## What is cyclosporiasis?

Cyclosporiasis is an intestinal illness caused by a microscopic parasite (*Cyclospora*) found in the feces (poop) of infected people. It can cause diarrhea, loss of appetite, bloating, gas, nausea, and fatigue.

You can get sick by eating or drinking food or water contaminated with feces.

## PREVENTION TIPS



### WASH

Wash hands with soap and water before and after handling or preparing raw fruits and vegetables.



### PREPARE

- Wash all fruits and vegetables thoroughly under running water before eating, cutting, or cooking.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Cut away any damaged or bruised areas before preparing and eating.
- Prewashed produce does not need to be washed again at home.



### STORE

Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible (within two hours).



## Traveling to tropical or subtropical areas?

Routine chemical disinfection or sanitization of food or water is unlikely to kill *Cyclospora*.

**Be Food Safe. Be Water Smart. Protect Your Health.**