



CYCLOSPORA

Cyclospora is a microscopic parasite that causes the intestinal illness, cyclosporiasis. It is commonly associated with fresh fruits and vegetables contaminated during growing, harvesting or processing. Previous outbreaks have involved lettuce, cilantro, basil, green onions, raspberries and other fresh produce. However, the source of the ongoing outbreak is currently unknown.

Rinsing Fruits, Vegetables and Herbs

- Rinsing produce may help reduce the amount of cyclospora on produce, but will not remove it entirely.
- Cut away any damaged or bruised areas.
- Rinse produce before peeling to avoid cross-contamination.
- Gently rub produce while holding under plain running water. Using soap or produce wash is not recommended.
- Use a clean vegetable brush to scrub firm produce such as cucumbers and melons.
- Remove the outermost leaves of a head of lettuce or cabbage,



Cooking

- If anyone in your family has a weakened immune system, consider avoiding raw fruits, vegetables and herbs.
- Cooking produce to 158°F will kill cyclospora.

Note on Human Milk



Cyclospora does not pass through human milk and direct person-to-person spread is uncommon.

More Ways to Reduce Your Risk at Home



- Choose whole produce instead of pre-cut or bagged options.
- Keep ready-to-eat food separate from raw produce during preparation.
- Wash hands and use clean cutting boards, utensils and surfaces to prevent cross-contamination whenever possible.