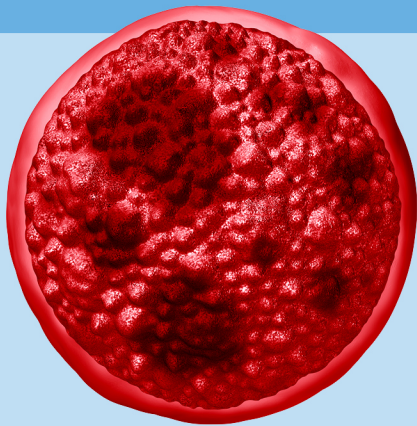


CYCLOSPORA:

What You Need to Know



What It Is?

Microscopic parasite that causes cyclosporiasis a foodborne intestinal illness.

Why It Matters in
2026

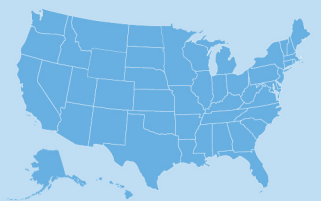


MAJOR OUTBREAK

Over 10,000
lab-confirmed cases

12,000
under investigation

Cases in nearly
every State



Symptoms

- ❖ Prolonged Diarrhea
- ❖ Stomach Cramps
- ❖ Nausea and Bloating
- ❖ Fatigue, Weight loss

Start: 1 week after exposure
(Range 2-14 days)



KEY CAUTIONS!



Often linked to
Raw Produce



Cooking Kills
the Parasite



Not Spread
Person-to-Person



Outbreaks rise in
Spring and Summer

Source Hard to Trace through Supply Chains

Protect Your Health

- ✓ Follow CDC/FDA Updates and Recalls
- ✓ Don't Eat Recalled Produce
- ✓ Wash Hands and Rinse Fruits/Veggies
- ✓ Keep Produce Refrigerated
- ✓ Separate from Raw Meat/Seafood
- ✓ Cook When Possible
- ✓ See a Doctor if Symptoms are Severe



The Big Picture

Prevention + Detection + Response + Traceability

Protect Consumers

When in doubt, check official public health guidance

Sara Morris, Senior Food Safety Scientist,
Institute of Food Technologists



Feeding the minds
that feed the world