

CYCLOSPORIASIS

What You Need to Know 2026 Outbreak

What is it?

Cyclosporiasis is an illness caused by a parasite. The parasite can make you sick. It affects the stomach and intestines.

Symptoms:

Explosive and frequent diarrhea.

Loss of appetite.

Stomach pain.

Nausea.

Feeling tired.

Weight loss.

Symptoms may last for several weeks if not treated.

How does it spread?

You can get sick by **eating contaminated fresh fruits or vegetables**. Cyclosporiasis is not typically spread from person to person.

Foods linked to past outbreaks:

- Leafy greens, such as lettuce.
- Fresh fruits, such as raspberries.
- Fresh vegetables, such as snow peas and green onions.
- Fresh herbs, such as cilantro and basil.

Learn more:

CDC: [Cyclosporiasis Prevention](#)

MDHHS: [Infectious Disease Outbreaks](#)

Prevention



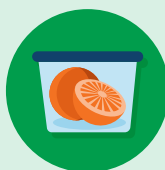
Wash, peel and/or cook fresh produce.

- Discard any damaged areas.
- Cook greens (sauté, steam, stir-fry) to a temperature of at least 158°F (70°C).



Buy whole heads of lettuce and remove the outer layers.

- Choose whole heads over pre-cut bagged salad mixes when possible.
- Discard the outer 2-3 layers of leaves.



Store fresh produce separated from ready-to-eat foods.

- Keep lettuce and salad greens in sealed bags or containers.



Prevent potential contamination between fresh produce.

- Clean cutting boards, countertops and utensils after preparing salads.
- Wash any fruits or vegetables that may have come into contact with lettuce.



Follow food safety practices for all fresh produce.

- Wash your hands after handling produce.



Ask about food safety when eating outside of the home.

- Ask how the kitchen is handling produce, especially lettuce and salad greens.

Treatment

See a health care provider, take medicine as directed and drink plenty of fluids.