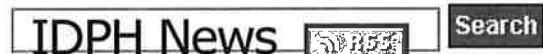


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Category: Infectious Disease Prevention

IDPH Cyclospora Outbreak Investigation Continues

The Iowa Department of Public Health, CDC and local public health agencies are investigating an outbreak of an intestinal illness caused by *Cyclospora* (a rare parasite). As of today, July 12, 45 cases of *Cyclospora* infections have been reported to IDPH; almost all have been identified through testing at the State Hygienic Lab (SHL), including:

- Linn County - 21 cases
- Fayette County - 3 cases
- Polk County - 3 cases
- O'Brien County - 3 cases
- Dallas County - 2 cases
- Mills County - 2 cases
- Webster County - 2 cases
- Des Moines County - 2 cases
- Benton County - 1 case
- Black Hawk County - 1 case
- Buchanan - 1 case
- Johnson County - 1 case
- Pottawattamie County - 1 case
- Van Buren County - 1 case
- Woodbury - 1 case

Cyclosporiasis illness occurs when an individual consumes food or water contaminated with the parasite. Fresh fruits and vegetables are typically associated with *Cyclospora* outbreaks. While the source of this outbreak has not been determined, the investigation, which includes epidemiological interviews with those who have been ill, indicates fresh vegetables, not fruit, are implicated as a likely source.

Most people's illness began in mid to late June and at least one person has been hospitalized. Many people report still being ill with diarrhea and some have had relapses. Specific treatment is available (but it is not typically used for more common diarrheal illnesses). Also, very specific laboratory testing (not commonly ordered) must be done to detect *Cyclospora*.

Additional cases have been identified in Nebraska and other Midwestern states. IDPH is coordinating the investigation with public health officials in those states. Washing fresh produce is recommended; however, it can be very difficult to wash *Cyclospora* off all types of produce.

Cyclosporiasis causes a watery diarrhea that lasts an average of 57 days if untreated. Other symptoms include:

- Fatigue (severe tiredness)
- Loss of appetite
- Weight loss
- Bloating
- Increased gas
- Stomach cramps
- Nausea

- Vomiting
- Muscle aches
- Low-grade fever

For more information, visit [www.idph.state.ia.us/EHI/Issue.aspx?issue=Cyclospora Outbreak Investigation&pg=Investigation Home](http://www.idph.state.ia.us/EHI/Issue.aspx?issue=Cyclospora%20Outbreak%20Investigation&pg=Investigation%20Home).

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