

# CANADA'S 10 LEAST WANTED FOODBORNE PATHOGENS

PATHOGEN:

## CYCLOSPORA

PARASITE



SYMPTOMS	START OF SYMPTOMS / HOW LONG THEY LAST	HOW YOU CAN GET SICK	POTENTIAL HEALTH IMPACTS	FOOD COMMONLY ASSOCIATED	HOW TO PROTECT YOURSELF
<p>Diarrhea (watery)</p> <p>Loss of appetite, weight loss</p> <p>Stomach cramps</p> <p>Abdominal bloating, increased gas</p> <p>Nausea</p> <p>Fatigue</p>	<p>Symptoms usually</p> <ul style="list-style-type: none"> <li>• start within one week after eating or drinking food containing the parasite</li> <li>• last from a few days to 7 weeks</li> </ul> <p>Symptoms may seem to go away and then return one or more times (relapse).</p>	<p>By eating or drinking food or beverages contaminated with <i>Cyclospora</i> from or while travelling to developing countries where foodborne illness from <i>Cyclospora</i> is common</p> <p>Food and drinks can become contaminated</p> <ul style="list-style-type: none"> <li>• during cultivation, harvest or packaging</li> <li>• through contact with infected food handlers during packaging and transportation</li> <li>• through contaminated irrigation or tap water</li> </ul>	<p><i>Cyclospora</i> infection responds quickly to proper antibiotic treatment and is not considered to be life-threatening in healthy people.</p> <p>There are rarely long-term consequences in healthy people.</p>	<p>Imported fruits and vegetables, including fresh basil and raspberries, that are</p> <ul style="list-style-type: none"> <li>• consumed raw or lightly cooked, and</li> <li>• from countries where <i>Cyclospora</i> is common.</li> </ul>	<p>Fresh fruit and vegetables should be washed thoroughly before they are eaten, although this practice may not fully eliminate the risk of illness.</p>