

# Cyclospora advice for travellers

## 1 Know your risk and how to avoid infection

Cyclospora is a parasite that is spread by eating and drinking contaminated food and/or drinks. Infection can cause diarrhoea, cramps, nausea, flatulence, loss of appetite, fatigue, low-grade fever and weight loss. Cyclospora infections in people who are HIV positive and those with other immune system problems can be more severe.

Cyclospora is not spread by direct contact with animals or person-to-person.

Cyclospora most often occurs in tropical and subtropical regions of the world including South and Central America, South and South East Asia, the Middle East and Africa. It can be a cause of diarrhoea in travellers to these regions; most recently UK travellers to Mexico have been affected.



## 2 Good food and water hygiene

Follow good food and water hygiene advice at all times on holiday, even if staying in high-end, all-inclusive resorts. Foods often involved in Cyclospora outbreaks include soft fruits like raspberries and salad products such as coriander, basil, and lettuce.

Where possible, avoid buffets and choose freshly prepared, thoroughly cooked food that is served piping hot. Avoid fresh uncooked berries, unpeeled fruit and any leafy salad items since these are difficult to clean. Remember that drinks may also contain uncooked herbs, vegetables or fruit.

Choose bottled water (with an intact seal), or water that has been boiled or filtered with a special filter designed for purifying drinking water. Chlorine disinfectants are not effective against Cyclospora. Avoid ice and don't drink tap water or use it to clean your teeth.

Tea and coffee made with boiling water and served steaming hot and drinks in cans or bottles with intact seals such as carbonated drinks and commercially prepared fruit drinks are usually safe.

See the [National Travel Health Network and Centre website](#) or the Scottish travel health service [fitfortravel](#) and [TRAVAX](#) (for health professionals) for country specific information and more advice on preventing diarrhoeal illness.



### 3 If you feel unwell, seek medical attention



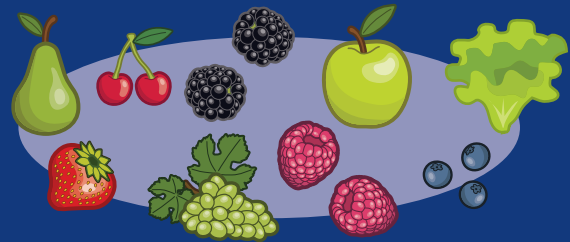
Get medical advice for any symptoms, either during your holiday or after you return. Symptoms: frequent watery diarrhoea, but may also include appetite loss, stomach cramps/pain, bloating, increased wind, weight loss, nausea or tiredness. If you are ill when you get home, remember to tell your GP about your travel history.

### 4 Key facts

Wash your hands after visiting the toilet, changing nappies and before preparing or eating food. Alcohol gel is helpful when hand-washing facilities are not available.



Avoid fresh uncooked berries/unpeeled fruit, any leafy salad items since these are difficult to clean and don't drink tap water or any drinks in unsealed bottles or cans.



Choose freshly prepared, thoroughly cooked, piping hot food.



Get medical advice for any symptoms.



## For more information, please go to:

NHS Choices [www.nhs.uk/conditions/cyclospora/Pages/Introduction.aspx](http://www.nhs.uk/conditions/cyclospora/Pages/Introduction.aspx)

NaTHNaC <http://travelhealthpro.org.uk>

Fit for travel [www.fitfortravel.nhs.uk/home.aspx](http://www.fitfortravel.nhs.uk/home.aspx)

TRAVAX [www.travax.nhs.uk](http://www.travax.nhs.uk)

Health Protection Scotland [www.hps.scot.nhs.uk](http://www.hps.scot.nhs.uk)

Public Health England [www.gov.uk/phe](http://www.gov.uk/phe)

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