



# FAX about...



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## Locally-acquired Cyclosporiasis in Ontario

Ontario is experiencing an **increase** in the number of *Cyclospora* infections. There have been **113** locally-acquired cyclosporiasis cases reported **in Ontario** between **April 1 and August 6, 2019**, with **9** reported cases **in Durham Region**. We request your assistance in **diagnosing** infected patients. Testing for *Cyclospora* will support prompt treatment to lessen the duration of symptoms as well as assist with identifying the source of illness.

- **Diagnosis:** If patients present with **cyclosporiasis-compatible symptoms**, submit a stool sample for ova and parasite (O&P) testing to your local laboratory or to the [Public Health Ontario Laboratory](#) using the [General Test Requisition form](#). Please request testing for **stool parasites** and specify the request is to test for ***Cyclospora***.
- **Treatment:** [First-line treatment](#) is trimethoprim-sulfamethoxazole (TMP-SMX).

Cyclosporiasis is a gastrointestinal illness caused by infection of the parasite *Cyclospora cayetanensis*. **Frequent watery diarrhea** is common, however **other symptoms** may include **anorexia, fatigue, abdominal cramps, nausea and myalgia**. **Untreated, symptoms** can last **6 – 7 weeks** and can wax and wane in intensity. Symptoms generally **improve** within **2 - 3 days** of **starting first-line treatment**.

People are infected by ingesting food or water contaminated with the parasite. Travel related cases include countries in the Caribbean, South & Central Americas, South & South East Asia. Most locally-acquired outbreaks in Ontario occur in the spring and summer and are usually related to produce such as berries or herbs imported from *Cyclospora*-endemic countries. This infection is not usually spread from person to person.

Additional resources: PHO <https://bit.ly/2mCPmRz> PHAC: <https://bit.ly/2LFmh2U>

Cyclosporiasis is a **[disease of public health significance](#)**. Health care providers are required to **report all confirmed cases** to the Durham Region Health Department, Health Protection Division at **1-888-777-9613**.

Health care provider resources now available to order online [durham.ca/HCP](http://durham.ca/HCP).

**Durham Region Health Department: 905-723-3818, 1-888-777-9613**

August 13, 2019

If you prefer to receive this information in an electronic format please submit your request to [healthresources@durham.ca](mailto:healthresources@durham.ca)

If you require this information in an accessible format, contact 1-888-777-9613.