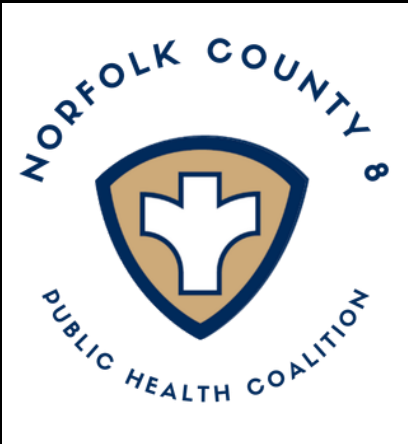




What's Circulating?

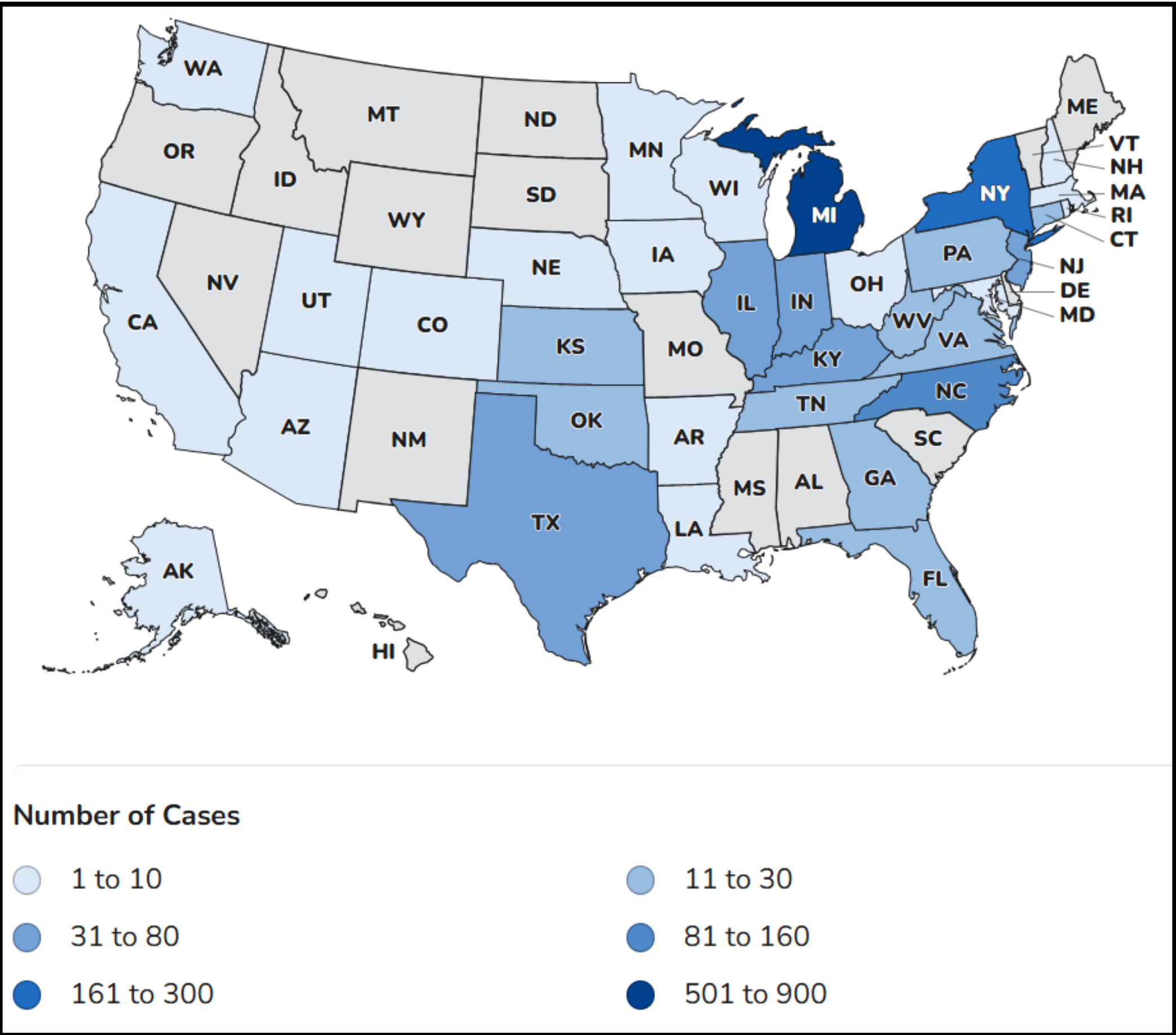
Thursday, July 16th 2026

MULTI-STATE *CYCLOSPORA* OUTBREAK

As of July 15, the Centers for Disease Control and Prevention (CDC) has reported 1,645 confirmed cases of Cyclosporiasis across 34 states. There have been 141 hospitalizations nationwide and no deaths. Cyclosporiasis is a food-borne illness that only affects humans, caused by consuming food or water contaminated with the parasite *Cyclospora*. Symptoms typically appear 2 days to 2 weeks after ingestion.

The Massachusetts Department of Public Health (MDPH) has reported 18 cases amongst Massachusetts (MA) residents so far. No cases have been reported in the NC-8 communities. As the CDC and state health departments continue investigating the source of this outbreak, here are some facts to keep in mind:

Cylcosporiasis Cases Acquired in the US Since May 1st, 2026



Symptoms of Cyclosporiasis:

- Watery diarrhea often for weeks at a time
- Weight loss
- Cramping and/or bloating
- Nausea
- Loss of appetite
- Fatigue

How to protect you and your loved ones:

- Cooking food to an internal temp of 158°F is the only way to kill *Cyclospora* oocysts (hardy-egg-like form)
- Buy produce from your local farmer's market
- Avoid common foods that have been linked to past *Cyclospora* outbreaks such as:
 - Bagged lettuce
 - Salad kits
 - Berries

How to know if you have it:

Cyclosporiasis can only be confirmed through stool sample testing. If you have been experiencing prolonged diarrheal illness, please contact your doctor to request a test

Centers for Disease Control and Prevention, July 2026

Learn more: Explore CDC's [Surveillance of Cyclosporiasis](#) webpage