

Increase in Provincial Cyclosporiasis Cases

Attention: Physicians, Emergency Departments, Infection Control Practitioners, Nurse Practitioners, Family Health Teams, Walk-In Clinics/Urgent Care Clinics, North Simcoe Muskoka LHIN, Central LHIN

Date: July 26, 2018

Please be advised that Ontario is experiencing an increase in the number of Cyclospora infections. There have been 36 locally-acquired cyclosporiasis cases reported in Ontario between April 1 and July 12, 2018. Locally-acquired cases have also been identified in British Columbia. There has also been an increase in the number of cases in Simcoe Muskoka, with 10 reported as of July 19th, 2018, compared to six cases in all of 2017.

As *Cyclospora spp.* is not endemic in Canada, and is acquired through the consumption of food or water containing the *Cyclospora* parasite, the source of infection for domestically-acquired cases is usually produce imported from countries where *Cyclospora spp.* is endemic. It is typically not transmitted from person-to-person.

What is cyclosporiasis?

Cyclosporiasis is a gastrointestinal illness caused by infection with the parasite *Cyclospora cayentanensis*. It is commonly characterized by frequent watery diarrhea, as well as other symptoms such as anorexia, fatigue, abdominal cramps, nausea, and myalgia. Left untreated, symptoms typically last 6 to 7 weeks and can wax and wane in intensity. Symptoms typically improve within 2 to 3 days of starting trimethoprim-sulfamethoxazole (TMP-SMX), the first-line treatment for cyclosporiasis.

Diagnosis & Treatment

- **Diagnosis:** Cyclospora infection can be diagnosed by a stool ova and parasite (O&P) examination. If patients present with cyclosporiasis-compatible symptoms between now and the end of summer, **please request testing for stool parasites on the Public Health Ontario Laboratory General Test Requisition form and specify the request is to test for Cyclospora.**
- **Treatment:** First-line treatment of laboratory-confirmed *Cyclospora* is **trimethoprim-sulfamethoxazole (TMP-SMX) for seven to ten days for immunocompetent persons.**

Note: SMDHU has launched its new interactive Reportable Disease Toolkit which provides easier access to disease specific testing, treatment recommendations and patient and clinician resources. Available at:
<http://www.smdhu.org/reportablediseaselist>

Additional resources on cyclosporiasis



1. SMDHU Reportable Diseases Toolkit: Cyclosporiasis <http://www.simcoemuskokahealth.org/docs/default-source/jfy-health-care-professionals/reportable-diseases/cyclosporiasis.pdf?sfvrsn=6>
2. Public Health Agency of Canada: [Cyclospora Information for Health Professionals](https://www.canada.ca/en/public-health/services/diseases/cyclosporiasis-cyclospora/health-professionals-cyclosporiasis-cyclospora.html)<https://www.canada.ca/en/public-health/services/diseases/cyclosporiasis-cyclospora/health-professionals-cyclosporiasis-cyclospora.html>
3. For more information on cyclosporiasis in Ontario, including links to testing information, see: <http://www.publichealthontario.ca/en/BrowseByTopic/InfectiousDiseases/Pages/IDLandingPages/Cyclosporiasis.aspx>

If you have questions or want to report a case please call the Simcoe Muskoka District Health Unit, Infectious Diseases Program at 705-721-7520 or 1-877-721-7520 Ext. 8809 Monday to Friday between 8:30am-4:30pm.

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