

CYCLOSPORIASIS: PREVENTION TIPS

Simple steps can help prevent the spread of cyclosporiasis and keep you and your family healthy.

1



WASH HANDS THOROUGHLY

Wash hands with soap and water before and after handling or preparing raw fruits and vegetables.

2



WASH FRUITS & VEGETABLES

Wash all fruits and vegetables thoroughly under running water before eating, cutting, or cooking.

3



SCRUB FIRM PRODUCE

Scrub firm fruits and vegetables like melons and cucumbers with a clean produce brush.

4



REFRIGERATE CUT PRODUCE

Refrigerate cut, peeled, or cooked fruits and vegetables within two hours.

July 10, 2026