

CDC Launches Cyclospora Outbreak Tracking and Resources

In response to the multistate outbreak of Cyclospora infections, the U.S. Centers for Disease Control and Prevention (CDC) has expanded its tracking and resources. The CDC, U.S. Food and Drug Administration and public health officials in several states are investigating multiple clusters of Cyclospora cases, including one outbreak across five states linked to iceberg lettuce. In addition, on July 17, Taylor Farms [recalled](#) iceberg lettuce sourced from central Mexico.

Nationally, the numbers have climbed sharply since the season began. Since May 1, 2026, the CDC has received reports of 4,173 laboratory-confirmed domestic cases and is aware of more than 7,400 additional cases that are not yet laboratory confirmed and require further investigation. Many of the additional pending cases have been reported by Michigan and Ohio. The rapid rise prompted the CDC to issue a Health Alert Network [notice](#) to clinicians and laboratorians, warning that this year's case count is far outpacing the prior season.

The CDC notes that the true scope is likely larger than reported, since many people recover without seeking care and are never tested for the parasite.

While the confirmed multistate cluster centers on Michigan, Ohio, West Virginia and Kentucky, Michigan's own state tally is well above the federal count, a gap driven by how each source counts cases. Michigan's Department of Health and Human Services (MDHHS) reports its statewide total, including probable cases still being verified, has now passed 7,000. As of the most recent state update, total cases stood at 7,664, with 160 hospitalizations reported as of July 23. MDHHS says lettuce or salad greens may be a potential source, but that no specific grower or supplier has been confirmed, and other food items have not been ruled out.

What You Should Do

Anyone with symptoms of cyclosporiasis, most notably watery diarrhea, should contact a healthcare provider immediately and stay well-hydrated. Fatigue and loss of appetite are other primary symptoms. Symptoms typically begin about a week after infection and can last from a few days to a month or longer without treatment.

The CDC recommends the following measures:

- **Do not eat any recalled lettuce.** Throw it away or return it to where you bought it.
- **Wash items and surfaces** that may have touched the recalled lettuce using hot soapy water or a dishwasher.
- **Discard recalled iceberg lettuce immediately** that may have been purchased and do not consume it.
- **Avoid eating recalled lettuce at restaurants, including** Taco Bell locations. If you don't know the source of the iceberg lettuce, ask the restaurant.

If you're sick with cyclosporiasis, local or state health officials may contact you to find out what you ate in the two weeks before you got sick. Contact your healthcare provider if you have symptoms of Cyclospora. Finally, it's important to stay up to date on food recalls and outbreak notices to protect your household.

The CDC expects illnesses to keep climbing through the end of August, the typical close of cyclosporiasis season. Visit [the CDC's Cyclospora outbreak page](#) to learn more and monitor the situation.