

HEALTH ALERT:

Cyclospora (cyclosporiasis)- A stomach Parasite linked to contaminated raw fruit and vegetables. They invade the intestine causing diarrhea, which can be watery, cause abdominal cramps, and may last for several weeks.

Before eating, cutting or cooking fruits and vegetables wash them thoroughly, under running water; scrub fruits and vegetables like melons and cucumbers with a clean brush and cut away damaged or bruised areas before preparing and eating.

Cooking produce can lower the risk. Make sure any cut, peeled or cooked produce are refrigerated within hours.

STAY SAFE & ENJOY YOUR SUMMER!