

THE GERM GAZETTE

Quarterly disease trend update for school & daycare health staff



Quarter 3

July-Sep 2026

Cyclosporiasis: Incubation, Duration & Exclusion

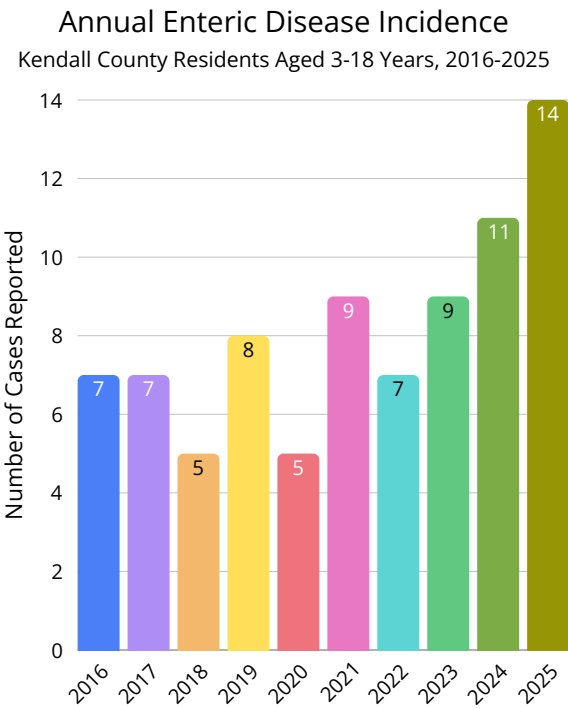
As of 8/11/26, 13,895 cyclosporiasis cases with illness acquired in the U.S have been reported. Cyclosporiasis is characterized by (often) watery diarrhea, loss of appetite, weight loss, abdominal cramping, nausea, vomiting & fatigue.

Data is subject to change, and is sourced from the CDC

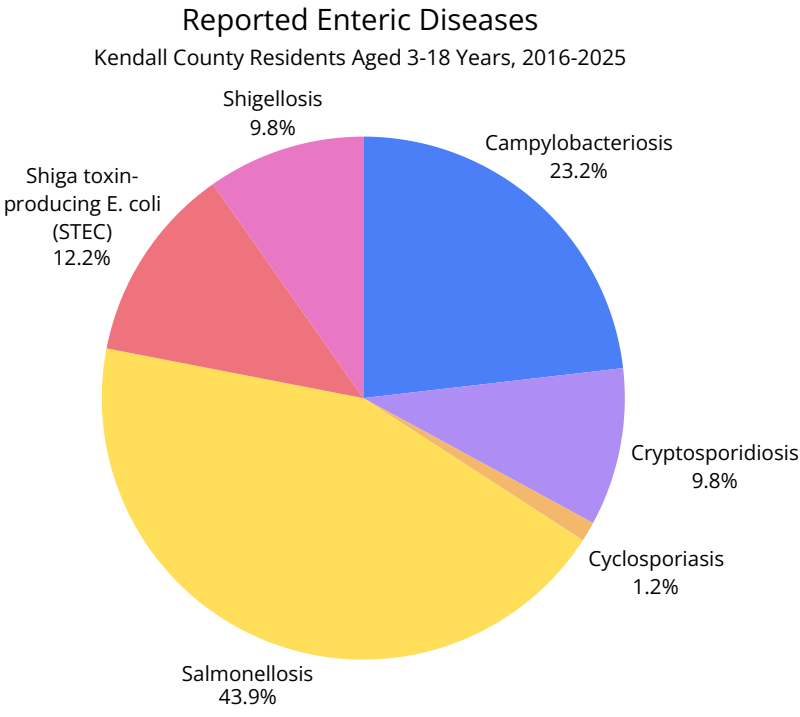
Incubation	TIME FROM EXPOSURE TO ONSET OF SYMPTOMS Typically about 1 week (range 2-14 days or more)
Illness Duration	HOW LONG A PERSON MAY EXPERIENCE SYMPTOMS May last from a few days to a month or longer if untreated; symptoms may resolve and then relapse
Exclusion	HOW LONG AN INFECTED STUDENT SHOULD STAY HOME FROM SCHOOL Ill students must be fever-, diarrhea-, and vomiting-free for 24+ hours without the use of fever-reducing, antidiarrheal, or antiemetic medications

SURVEILLANCE SPOTLIGHT: The Last Decade of Enteric Diseases

From 2016-2025, there were 82 cases of reportable enteric disease among Kendall County residents aged 3-18 years old. Of these cases, 38% were reported during the summer months of July through September (31 cases).



Data is as of 8/14/2026, is subject to change, and is sourced from Illinois' National Electronic Disease Surveillance System



WHY DO WE OFTEN SEE AN INCREASE IN ENTERIC DISEASES IN THE SUMMERTIME?

- Warmer temperatures speed bacterial growth on food and in the environment
- Outdoor cooking and eating (e.g., BBQs, picnics, camping) often lead to less reliable refrigeration, handwashing, and temperature control
- Higher consumption of raw or lightly cooked foods (e.g., fresh produce)
- Increased recreational water exposure (e.g., public pools, lakes, oceans, etc.)
- More travel and social gatherings involving shared food and close contact
- Increased contact with animals and their environments (e.g., fairs, petting zoos, etc.)



MYTH OR FACT:

Cooking food to the appropriate temperature kills all pathogens

Answer: Myth! Cooking kills many germs, but not all. Some toxins survive heat, and cross-contamination can also cause illness (such as when raw meat juices touch ready-to-eat foods). Additional precautions to take to prevent foodborne illness include washing fresh produce, using separate cutting boards for produce and meat, storing food items appropriately, sanitizing surfaces, and practicing good hand hygiene.

FOR QUESTIONS, CONCERNS, OR TO NOTIFY KCHD OF REPORTABLE DISEASE:

CALL 630-553-9100 EXT. 8046

RESOURCE CORNER



Hand Hygiene Education Posters, Videos, & More



Preventing Spread of Infections in K-12 Schools



Communicable Disease School Nurse Guidance