

Vibrio

WHAT IS VIBRIO?

Vibrio is a bacteria that causes an estimated 80,000 illnesses in the United States every year. People typically become infected by consuming raw or undercooked seafood or by exposing a wound to seawater.

Those at a higher risk for infection include:

- Those with a weakened immune system, especially those with chronic liver disease.

HOW IS VIBRIO TRANSMITTED?

These bacteria live in saltwater or brackish water, which is a mixture of fresh and saltwater commonly found in areas where rivers meet the ocean. People can become sick after consuming raw or partially cooked shellfish, such as oysters or develop skin infections when a cut or scrape comes into contact with the bacteria in these waters.

WHAT ARE THE SYMPTOMS OF VIBRIO INFECTION?

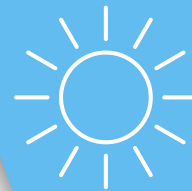
Symptoms vary depending on the person infected and their own medical history. Common symptoms include:

- Diarrhea
- Abdominal cramping
- Nausea
- Vomiting
- Chills
- Fever

For wound infections, symptoms include fever, redness, pain, swelling, warmth, discoloration and discharge (leaking fluids).

HOW DO I PREVENT VIBRIO INFECTION?

- Avoid raw or undercooked shellfish; cook properly before eating
- Wash hands with soap and water after handling raw shellfish
- Keep cooked shellfish separate from raw shellfish and their juices
- If you have a wound, avoid salt water or brackish water exposure
 - Cover wounds with waterproof bandages if they might contact seawater or raw seafood
 - Wash wounds with soap and water if exposed to seawater or raw seafood



About 80% of infections occur between May and October when water temperatures are warmer.

TREATMENT FOR VIBRIO

In mild cases, treatment may not be needed, but it is essential for patients to stay hydrated by drinking plenty of fluids to replace those lost through diarrhea. While antibiotics might not reduce the severity or duration of the illness, they might be prescribed in severe or prolonged cases.

RETURN TO WORK GUIDELINES

People who work in settings with a high risk of spreading infections, such as:

- Restaurants
- Healthcare facilities
- Daycares

Or children who attend daycare should wait until they are free of symptoms before returning.

Learn more about internal cooking temperatures and tips on how to keep your food safe here!



IF YOU BELIEVE YOU HAVE BEEN EXPOSED AND ARE SICK WITH VIBRIO, CONTACT YOUR PRIMARY CARE PROVIDER RIGHT AWAY!

