



Vibriosis

What is Vibriosis?

Vibriosis is a foodborne illness caused by the bacteria *Vibrio*. *Vibrio* is commonly found in brackish (mix between salt and freshwater) or salt water. Raw oysters and other raw shellfish can carry *Vibrio*, so it is best to avoid eating these foods without cooking them first. Additionally, going into the water with an open wound like a cut, piercing, or tattoo, can make you more vulnerable to getting infected.

What is the burden of Vibriosis each year in the United States?

- 80,000 illnesses
- 500 hospitalizations
- 100 deaths

What are common symptoms of Vibriosis?

- Diarrhea
- Abdominal Cramping
- Nausea/Vomiting
- Fever/Chills
- Severe symptoms in few people include wound infection, septicemia, and death
- Symptoms usually happen within 24 hours of eating or wound exposure and last for 3 days. Severe illness is rare.

How do people get sick from *Vibrio* ?

- Eating raw or undercooked shellfish, particularly oysters
- Exposing open wound to seawater
- Most infections happen between May and October when water is warmer

How can I prevent Vibriosis?

- Fully cook oysters or other shellfish before eating
- Wash hands with soap and water after touching raw seafood
- Avoid contaminating cooked seafood with raw
- Stay out of salt/brackish water if you have an open wound