

Vibriosis (Vibrio)



What is Vibriosis?



- Vibriosis is an infection caused by Vibrio bacteria found in coastal waters.
- Most infections occur between the months of May-October, while the waters are warmer.
- Vibriosis is spread through eating raw oysters or other shellfish.
- Exposing a wound to salt water or brackish (mix of fresh water and salt water) water when Vibrio are present can result in a skin infection.

Who can get Vibriosis?



It only takes a small amount of bacteria to make you sick with Vibriosis. Anyone can become sick from it.

People can get Vibriosis from:

- Eating raw or undercooked oysters or shellfish
- Consuming anything that has been contaminated by raw shellfish
- Exposing a wound or cut to salt water or brackish water

Symptoms of Vibriosis:

Symptoms usually start about 1 week after exposure, and if left untreated, may last for several weeks or longer.

Symptoms may include:

- Watery diarrhea
- Stomach cramps or pain
- Nausea / Vomiting
- Fatigue
- Fever



Can cause skin infection if a wound is exposed in brackish water



What to do if you have symptoms:



Contact your health provider if you have concerns or questions about your health, especially if you have bloody diarrhea or severe stomach cramping. They may ask you to submit a stool (poop) sample to diagnose Vibriosis.

Tell your healthcare provider if you have other medical conditions or a weakened immune system (such as HIV infection or from chemotherapy treatment) because you may be more likely to become severely ill.

How to decrease your chance of getting Vibriosis:

There is no vaccine or cure for Vibriosis, the best way to decrease your chance of infection is to practice good hygiene.

- Wash your hands often, especially before, during, and after preparing or handling shellfish
- Keep raw shellfish away from other foods.
- Cook oysters and other shellfish all the way before eating.
- Wash wounds with soap and water that have been exposed to brackish water.



Treatment:



People with a Vibriosis infection should drink plenty of fluids to prevent dehydration. Dehydration can cause serious complications and even hospitalization.

Most people can recover from a Vibriosis infection without treatment.

In severe cases, you may want to discuss treatment options with your doctor and follow their direction.