

***VIBRIO* INFECTION (*Vibrio*)**

What is it?

Vibrio is a bacterium that lives in brackish saltwater and causes a diarrheal illness in humans. It can be found in coastal waters in the United States and Canada and is present in higher concentrations during the summer.

What are the symptoms?

Infection with *Vibrio* causes watery diarrhea, stomach cramps, nausea, vomiting, fever, and chills. Symptoms usually begin within 1 to 3 days of ingesting *Vibrio*.

Vibrio can also cause a skin infection when open wounds are exposed to warm seawater.

How long does it last?

Gastrointestinal symptoms usually last about 3 days. Many people infected with *Vibrio* will recover on their own, however treatment may be available from your health care provider.

How is it spread?

Most people become infected with *Vibrio* by eating raw or undercooked shellfish, particularly oysters.

What should I do if I have symptoms?

- Contact your health care provider.
- Wash your hands often.
- Drink plenty of fluids so you don't become dehydrated.

How can I prevent *Vibrio* infections?

- Cook seafood thoroughly, especially oysters.
- Keep raw seafood separate from produce and other foods when shopping and storing groceries.
- Prevent cross-contamination in the kitchen by washing hands, cutting boards, countertops, knives, utensils, and other surfaces after handling raw foods.
- To prevent skin infections, avoid exposing open wounds to warm seawater.
- Wash your hands with warm, soapy water for 20 seconds
 - ✓ After using the bathroom
 - ✓ After changing diapers
 - ✓ Before eating

To report a suspected foodborne illness, call the Minnesota Department of Health Foodborne Illness Hotline at 1-877-FOOD-ILL (or 651-201-5655 from the Twin Cities).

