



VIBRIOSIS FACT SHEET

WHAT IS VIBRIOSIS?

Vibriosis is a disease caused by a bacteria. Vibrio bacteria occur naturally in warm coastal areas, such as the Gulf of Mexico. These bacteria are found in higher concentrations in the summer months when water gets warmer.

HOW DO YOU GET VIBRIOSIS?

Most people become infected by eating raw seafood and exposing open wounds to brackish or salt water. (Brackish water is a mixture of fresh and sea water. It is often found where rivers meet the sea). Raw or undercooked shellfish, particularly oysters, can also be a source of illness.

SYMPTOMS

Typically symptoms begin 24 hours after ingesting the bacteria. Symptoms typically last about 3 days. People with decreased immunity are most at risk for severe disease. Symptoms may include:

- Watery diarrhea
- Abdominal cramping
- Nausea
- Vomiting
- Fever
- Chills

TREATMENT

Treatment is not necessary in mild cases, but patients should drink plenty of liquids to replace fluids lost through diarrhea. Antibiotics may be required in severe cases. Discuss treatment options with your doctor.

PREVENTION

- Don't eat raw or undercooked oysters or other shellfish.
- Cook them before eating.
- Always wash your hands with soap and water after handling raw shellfish.
- Avoid contaminating cooked shellfish with raw shellfish and its juices.
- Stay out of brackish or salt water if you have a wound (including cuts and scrapes), or cover your wound with a waterproof bandage.
- Wash wounds and cuts thoroughly with soap and water if they have been exposed to seawater or raw seafood or its juices.

DPHD EFFORTS:

Reports of suspected and confirmed cases of disease are made to the Delaware Public Health District (DPHD). The DPHD investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.