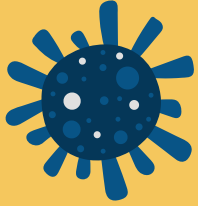


Understanding Vibrio: A Common Seasonal Foodborne Illness



Vibrio is **bacterium** in the same family as the bacterium cholera. It naturally lives in coastal waters in the United States and most commonly causes an infection of the bowel of humans. It can also result in wound and blood infections.

Common **symptoms** of vibrio:

- watery diarrhea
- stomach cramps
- nausea and/or vomiting
- chills



These symptoms typically appear 24 hours after ingesting the bacteria. Symptoms usually last around 3 days.



The bacteria must be swallowed to cause disease, in most cases. This usually occurs from consuming food or drinking water contaminated with the bacteria. Raw or undercooked shellfish, particularly oysters, are a common source of this infection.

On occasion, the bacteria can cause infection in the skin of an open wound, when exposed to warm seawater. Vibrio is not transmitted person to person.



The best way to prevent vibrio is thoroughly cooking seafood!



Do not consume oysters self-harvested from closed or contaminated oyster or other shellfish beds. Wound infections can be prevented by avoiding exposure of wounds to warm seawater, raw seafood, or raw seafood juices.



For more information on vibrio visit:
<https://www.mass.gov/fact-sheets-on-infectious-diseases>