

What kind of infection is it?

Vibrio are bacteria that can cause diarrhea. There are a number of different types of *Vibrio*. One type, *Vibrio cholerae* can cause epidemics of severe watery diarrhea.

How do people get infected?

- *Vibrio* generally live in salty water environments and in fish and shellfish.
- *Vibrio* infections can come from eating raw or undercooked fish and shellfish (crab, shrimp, oysters, etc.).
- More infections occur during the warm summer months.
- Other foods can become contaminated by contact with raw or undercooked fish or shellfish.
- Water can become contaminated with human waste from people with *Vibrio* infection.

What are the usual symptoms?

- Illness usually starts 0.5-3 days after exposure.
- Diarrhea, vomiting, stomach pain or cramps, occasionally fever. Diarrhea can be watery or may have mucous or blood.

How long does it last?

- Typically 2-5 days without treatment.

How is it treated?

- Prevent dehydration by drinking fluids. Warning signs of dehydration include dry mouth, decreased urination, or dizziness.
- Most people will get better without antibiotics.
- For more severe illness or for people with weakened immune systems, your doctor may prescribe an antibiotic.

Are there possible complications?

- Dehydration due to loss of fluids is the major complication.
- Bloodstream infection can occur with *Vibrio*. The risk of bloodstream infection depends on the type of *Vibrio* and is higher in people with liver disease or weakened immune systems due to cancer, medication, or untreated HIV.

Comments:

- Wash hands carefully after using the bathroom, changing diapers and before and after cooking.
- To prevent *Vibrio*, avoid raw or undercooked fish and shellfish and be careful not to let other foods contact raw fish or shellfish.
- People with diarrhea should not prepare food.