

[Vibrio Species Causing Vibriosis](#)

Sources	<p>Most people become infected by eating raw or undercooked shellfish, particularly oysters. Certain <i>Vibrio</i> species can also cause a skin infection when an open wound is exposed to salt water or brackish water. Brackish water is a mixture of fresh water and salt water. It is often found where rivers meet the sea.</p>
Incubation period	<ul style="list-style-type: none"> • <i>V. vulnificus</i>: 1 to 7 days • <i>V. parahaemolyticus</i>: 4 to 30 hours
Symptoms	<ul style="list-style-type: none"> • In healthy people: Diarrhea, vomiting, abdominal pain • In high-risk people: Sudden chills, fever, shock, skin lesions
Duration of illness	<p>3 days, when spread through food. Duration of wound infections is variable.</p>
What to do	<p>If you have symptoms within a few days after eating raw or undercooked seafood, especially oysters, or develop a skin infection after being exposed to salt water or brackish water, contact your doctor. Don't chance it! Some <i>Vibrio</i> species, such as <i>Vibrio vulnificus</i>, can cause particularly severe and life-threatening infections.</p>
Prevention	<ul style="list-style-type: none"> • 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 salt water or brackish water if you have a wound (including cuts and scrapes), or cover your wound with a waterproof bandage if there's a possibility it could come into contact with salt water or brackish water, raw seafood, or raw seafood juices. • Wash wounds and cuts thoroughly with soap and water if they have been exposed

to seawater or raw seafood or its juices.

If you are in a group more likely to get a *Vibrio* infection, such as people with liver disease:

- Wear clothes and shoes that can protect you from cuts and scrapes when in salt water or brackish water.
- Wear protective gloves when handling raw seafood.