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### NF94-169 Vibrio

Susan S. Sumner

Julie A. Albrecht

University of Nebraska-Lincoln, jalbrecht1@unl.edu

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## *Vibrio*

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*By Susan S. Sumner, Extension Food Microbiologist  
Julie A. Albrecht, Extension Food Specialist*

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- The Disease:** Several species of *Vibrio* can cause symptoms of gastroenteritis. Abdominal pain, diarrhea (watery stools containing blood), nausea and vomiting, mild fever, chills, and headache may occur two to 24 hours after eating contaminated seafood or drinking contaminated water. Illness may last two to five days; severe cases result in death.
- The Organism:** *Vibrio cholera* and *Vibrio parahaemolyticus* are the major species that are associated with contaminated water, fish and seafood.
- Sources:** Raw fish, shellfish, crustacea, and fish products have been implicated as the source of the foodborne infection from *Vibrio* species. Drinking water contaminated with sewage or untreated water have also caused this foodborne illness.
- Control:** The bacteria can be destroyed by thorough cooking of seafood. Prevent recontamination of cooked seafood by using clean utensils and serving equipment. Do not eat raw seafood including oysters and sushi. Drink only treated water — especially when traveling in foreign countries.
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