

Segment I. Vibrio

Patient Education: How do we stay safe?

Recommendations for the Public

Stay out of salt water and brackish water if you have an open wound or cut. If you get a cut while you are in the water, leave the water immediately.

- If you can't stay out, have an open wound → cover them completely with a waterproof bandage.
- Wash open wounds and cuts thoroughly with soap and clean, running water after they come in contact with salt water, brackish water, or drippings from raw or undercooked seafood.

Only eat oysters during months that contain the letter R? September - April

- Cook raw oysters and other shellfish before eating. (Tips for cooking shellfish appendix)
- Health advisory notices would ideally be placed in restaurants
- Always [wash your hands with soap and water](#) after handling raw shellfish.
- Seek medical attention right away for infected wounds.
- Heavy drinkers should be careful not to consume raw seafood during the summer.

Medical personnel in these areas must have heightened knowledge and awareness of the presenting signs and symptoms, course, and complications of *V. vulnificus*. Report all vibriosis cases through the [National Notifiable Diseases Surveillance System](#) (NNDSS)

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Tips for Cooking Shellfish

Before cooking, discard any shellfish with open shells.

For shellfish in the shell, either:

- Boil until the shells open and continue boiling another 3–5 minutes, or
- Add to a steamer when water is already steaming and cook for 4–9 minutes.

Only eat shellfish that open during cooking. Throw out any shellfish that do not open fully after cooking.

For shucked oysters, either:

- Boil for at least 3 minutes
- Fry in oil for at least 3 minutes at 375°F
- Broil 3 inches from heat for 3 minutes, or
- Bake at 450°F for 10 minutes

