

Easy B Facts

If you have hepatitis B (HBV for short) you should avoid eating raw or undercooked shellfish – oysters, clams, and mussels. *Vibrio vulnificus* (*Vibrio* for short) is a bacterium that lives in warm salty water. In addition to getting *Vibrio* from eating raw or undercooked shellfish, you can also get it from swallowing water with *Vibrio* in it or *Vibrio* can enter the body when you have any open cuts or wounds when you are wading in or swimming in water that contains *Vibrio*.

Vibrio

The most common symptoms of *Vibrio* are diarrhea, stomach aches and cramping, feeling sick to the stomach, vomiting, fever, and chills and can occur anytime between 5 hours to 4 days after exposure. In severe cases, you can have a drop in blood pressure and open sores that do not heal. If you think you have been exposed to *Vibrio*, see a doctor as soon as possible because the infection can be very serious and may even lead to death.

It is important to remember:

- Do not eat any raw oysters or other types of shellfish.
- Cook all shellfish thoroughly – if the shellfish does not open during cooking – do not eat it.
- Clean up any fluids while preparing the shellfish – do not let anything come into contact with anything else that touched the shellfish – this includes hands, knives, spoons, surface areas, etc.
- Wear gloves when cleaning shellfish.
- Wash hands thoroughly after handling shellfish.
- Cover any open cuts or wounds – never wade in warm salty water if you have an open cut or wound.
- Seek immediate medical attention if you have been exposed.



HBV ADVOCATE

www.hbvadvocate.org

**Hepatitis C
Support Project**

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