

# Aeromonas Fact Sheet

## What is Aeromonas?

Aeromonas is an acute diarrhoeal illness that normally clears by itself without treatment. It is a relatively common cause of diarrhoea in this country. Some people will not have been ill at all. They may have had a specimen sent to the Laboratory as part of routine tests by their doctor or during a visit or admission to hospital. · The incubation period of Aeromonas is between 1 and 7 days - commonly between 24 and 48 hours

## What are the symptoms?

- Diarrhoea
- Abdominal cramps
- Occasional vomiting
- Mild fever

Occasionally people with Aeromonas have no symptoms at all.

## How does it spread?

It is thought that the commonest method of spread is by drinking contaminated water or handling contaminated fish as Aeromonas is often found in fresh and brackish water. · Risk of further spread is relatively low but it can occur person to person eg within families, playgroups etc., where there is a breakdown in hand hygiene practices.

## Precautions

Thorough meticulous hand washing, taking care to clean between the fingers and finger tips after · visiting the toilet · changing nappies · handling animals, fish or reptiles and before · cooking · handling food · feeding the young or elderly · eating

Cook all foodstuffs thoroughly and ensure that chopping boards are not used for raw and other foodstuffs without first washing thoroughly.

Avoid drinking unpasteurised (raw) milk or milk in bottles where the tops have been pecked by birds.

Do not use the same chopping board/knife for raw meat as other foodstuffs without first washing thoroughly. Remember cooked meat is stored at the top of the fridge and uncooked meat at the bottom.

Lastly, thoroughly wash all salad vegetables.

## Treatment?

Generally people with Aeromonas do not require any treatment other than ensuring that adequate fluids are taken to prevent dehydration. As with all diarrhoea, people should stay away from work or school etc., until they have been without symptoms for 48 hours.

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