

Vibrio Parahaemolyticus Fact Sheet

What is Vibrio Parahaemolyticus?

If you have contracted Vibrio Parahaemolyticus bacteria you may be experiencing the following symptoms:

- Explosive watery diarrhoea
- Nausea
- Vomiting
- Abdominal Cramps
- Fever (sometimes)

Symptoms typically resolve within 72 hours, but can persist for up to 10 days.

Treatment

Treatment is not typically necessary and is usually self limiting, best treated with plenty of water replenishment. Antibiotics are usually not necessary and used in only very severe cases.

How did I get Vib. Parahaemolyticus?

Vibrio parahaemolyticus is a naturally occurring bacterium in sea water. Its numbers increase when water temperature rises during the summer months. The bacteria may grow in molluscan shellfish such as clams, oysters and mussels when seawater temperatures are warmer and then, when those shellfish are eaten raw or undercooked, a food borne illness may occur.

Precautionary measures

Avoid eating raw or undercooked seafood, usually oysters, in countries where seawater temperatures are warmer.

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