Vibrio

This sheet talks about exposure to Vibrio in a pregnancy and while breastfeeding. This information should not take the place of medical care and advice from your healthcare provider.

**What is Vibrio?**

Vibrio is a bacteria that lives in warm coastal seawater. There are many different kinds of Vibrio bacteria. Each kind can cause a different illness. Some Vibrio bacteria will cause only a mild stomachache and mild diarrhea. Other Vibrio bacteria can cause severe diarrhea, vomiting, fever, and wound infection that can be life threatening.

Cholera, a very severe form of diarrhea, is caused by two specific groups of Vibrio cholerae. These groups of Vibrio cholerae are not usually found in the United States, so the chance of someone in the United States getting cholera is very low.

**How can I get a Vibrio infection?**

There are two ways that people can be exposed to Vibrio. One way is by eating raw or undercooked shellfish (like oysters) that came from seawater where there is Vibrio bacteria. The other way is by exposing an open wound or sore to seawater that has Vibrio bacteria. Vibrio is usually not passed from person to person.

**How can I protect myself from Vibrio Infection?**

Seawater that takes over an area after a hurricane or flood may contain Vibrio bacteria. You should try to avoid exposing open wounds or sores to seawater or floodwater by wearing boots and other protective gear. Even a scrape in the skin can be an opening for the Vibrio bacteria to enter. If a wound is exposed to seawater or floodwater, wash the area with soap and clean water as soon as possible. After floodwaters have dried, the Vibrio bacteria can no longer survive so the risk of infection should not be a concern.

Since eating raw or undercooked seafood has been associated with vibrio infection, fully cooking seafood before eating it is a good way to prevent infection.

**Will Vibrio make me sick? How do I know if I have a Vibrio Infection?**

If you eat raw or undercooked shellfish that contains Vibrio, you can get a stomachache and diarrhea. This type of infection is not usually dangerous. However, it is important that you drink plenty of liquids to help prevent dehydration. See a health care provider if it becomes severe or lasts a long time.

If a wound is infected with Vibrio, the area around the wound will become red and swollen. The bacteria from the wound can enter the blood and cause fevers, chills, and blisters. If this infection is not treated, it can turn into a serious infection. People usually get sick from Vibrio 1-3 days after eating contaminated shellfish or after exposing a wound to contaminated seawater. People who have liver disease or a weak immune system are much more likely to become seriously ill from a Vibrio infection. If you have symptoms, you should see your healthcare provider immediately.

**Does having Vibrio increase the chance for miscarriage?**

Miscarriage can occur in any pregnancy. At this time, there are no studies on the chance of miscarriage from Vibrio.

**Does having/getting Vibrio in the first trimester increase the chance of birth defects?**

In every pregnancy, a woman starts out with a 3-5% chance of having a baby with a birth defect. This is called her background risk. Vibrio infection during pregnancy, at any time, has not been well studied, so it is not known if
Vibrio can harm a developing baby. The symptoms of Vibrio infection (diarrhea and vomiting) can lead to dehydration which can be of concern for pregnancy. Antibiotics that kill Vibrio bacteria have been used to treat Vibrio during pregnancy. If you have a Vibrio infection, remind your healthcare provider that you are pregnant, and your healthcare provider can discuss treatment options with you.

**Does having/getting Vibrio in pregnancy cause long-term problems for the baby?**

At this time, there are no studies on long-term outcomes in children from Vibrio infection during pregnancy.

**Can I breastfeed while sick with a Vibrio infection?**

Breast milk may help protect babies from many kinds of bacteria. One study has suggested that breastfeeding helped to reduce the risk of cholera in the infant when the mother was sick herself. Another study suggested that a common probiotic (bacteria) in the breast milk helped to reduce the growth of Vibrio cholerae. Therefore, it may not be necessary to stop breastfeeding if you have a Vibrio infection. If you are breastfeeding and think you have a Vibrio infection, you should talk to your healthcare provider. If you suspect that baby has symptoms such as an infected wound, fever, or severe diahhrea, contact the child’s healthcare provider.

**What if the baby’s father has Vibrio?**

In general, exposures that fathers have are unlikely to increase risks to a pregnancy. For more information, please see the MotherToBaby fact sheet Paternal Exposures and Pregnancy at https://mothertobaby.org/fact-sheets/paternal-exposures-pregnancy/pdf/.

**Selected References:**