**Oh No Vibrio!**

**How you get Vibriosis:**
- Eating raw oysters, clams, or mussels
- Salt water gets into open cuts or sores in skin
- Salt water enters the ear while swimming

**How you avoid Vibriosis:**
- Only eat properly cooked seafood!
- Don’t swim with open wounds!
- Wear earplugs!

#swimhealthyVA  
*Swim Healthy. Stay Healthy.*  
www.SwimHealthyVa.com
Vibriosis Prevention Tips

Eat seafood that is properly cooked

*Shellfish is more likely to contain Vibrio bacteria when waters are warm*

Don’t swim with skin wounds or cuts

*Or use waterproof bandages to cover wounds before getting into the water*

Think twice about swimming with a medical condition.

*If you have liver disease, diabetes, or cancer for example, you are more vulnerable to infections*

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