

## **VIRBIO: FREQUENTLY ASKED QUESTIONS**

### **Can a Vibrio infection during my pregnancy hurt my baby?**

It is not known if Vibrio can harm a developing baby as it has not been well studied. The symptoms of vibrio infection (diarrhea and vomiting) can lead to dehydration which is concerning for you and your developing baby. There are many antibiotics available which kill the virus that are safe to use by pregnant women. If you have a Vibrio infection, remind your health care provider that you are pregnant, and your health care provider can prescribe the right medicine for you.

### **Do I have to stop breastfeeding if I have 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 infection in the infant when the mother was sick herself. Therefore, it may not be necessary to stop breastfeeding if you have a Vibrio infection. Vibrio may be passed through oral digestion. It is important to remember to avoid swimming in any contaminated water if you plan on breastfeeding or be prepared to disinfect with antibacterial soap and water as needed. If you are breastfeeding and think you have a Vibrio infection, you should talk to your health care provider.

Is there a vaccine for Vibrio? No, a vaccine for Vibrio does not exist. Vaccines prepare your body to fight off disease. Vaccines are a cost-effective, safe, and efficient way to prevent infectious disease. Vaccines not only protect you but your loved ones around you, by getting vaccinated, you help stop the spread of disease to others.

### **What can you do to prevent Vibrio?**

- Wear clothes and shoes that can protect you from cuts and scrapes when in brackish or salt water.
- Wear protective gloves when handling raw seafood. Stay out of brackish or salt water if you have a wound (including cuts and scrapes), or cover your wound with a waterproof bandage if there's a possibility it could come into contact with brackish or salt water, raw seafood, or raw seafood juices.
- Wash wounds and cuts thoroughly with soap and water if they have been exposed to seawater or raw seafood or its juices.
- If you develop a skin infection, tell your medical provider if your skin has come into contact with brackish or salt water, raw seafood, or raw seafood juices

**Is the water safe? Yes.**

### **What are some suggestions to prepare for going to the beach?**

- 1) Stay out of the water if you have any cuts, abrasions or sores, e.g. acne, cold sores.

- 2) Have a companion check you back for cuts, abrasions or sores, e.g. acne, cold sores.
- 3) Stay out of the water if you are immunocompromised, or use a steroid-based inhaler for respiratory disease.