

Vibrio parahaemolyticus

Food Poisoning



Food poisoning caused by *Vibrio parahaemolyticus*

Incubation period – 4 - 30 hours, usually 12 -24 hours.

Symptoms – abdominal pain, diarrhoea, vomiting, occasionally with mild fever.

Food involved

Seafood is commonly contaminated with *Vibrio parahaemolyticus*. For example:

- fish;
- molluscs such as oysters, octopus, squids;
- crustacean such as crabs, lobsters, shrimps.

Improper handling of food causes cross-contamination and makes other foods, such as siu mei and lo mei, contaminated with *Vibrio parahaemolyticus*.

Mode of transmission

Vibrio parahaemolyticus are usually transmitted to human by consumption of raw or undercooked seafood or cooked food that has been cross-contaminated with the bacteria without further cooking.



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Prevention

1. Avoid cross-contamination:
 - use separate equipment for handling of raw food and cooked food;
 - store raw food and cooked food separately; and
 - wash hands thoroughly before and after handling food.
2. Cool food rapidly and store food in refrigerators at or below 4°C to prevent bacterial growth.
3. Cook food thoroughly before consumption.
4. Avoid eating raw or undercooked seafood especially for immunocompromised individuals.
5. For seafood eaten raw, such as sashimi, the following should be observed:
 - pay special attention to avoid cross-contamination;
 - reserve a specific portion of a refrigerator or a designated refrigerator for storage of seafood;
 - purchase seafood from reliable and approved sources; and
 - consume seafood immediately after taking home.



Enquiry:

For further enquiries and information, please call the Communication Resource Unit of Food and Environmental Hygiene Department at 2381 6096 or 24-hour hotline 2868 0000.