

Marylander's Guide to Skin Wounds and Water Contact

Vibrio are bacteria that occur naturally in brackish water such as the Chesapeake Bay and its tributaries, and in salt water, especially during warm weather months.

Vibrio infections are relatively rare in Maryland and nationwide. However, when *Vibrio* or other bacteria come into contact with an open wound they can cause serious infections. *Vibrio* infections can be particularly dangerous for people with liver disease or weakened immune systems.



PROTECT YOURSELF

- Avoid water contact if you have any skin wounds.
- If you get a cut or scrape, clean it immediately with soap and clean water after contact. If soap and clean water are not available, clean the wound with hand sanitizer then wash as soon as possible.
- If water contact cannot be avoided, cover wounds with waterproof bandages.
- Wear water shoes to avoid cuts and scrapes.
- Wear gloves and use extra care when handling crab pots or other equipment.
- Always shower after swimming in natural waters and wash hands before handling food or eating.

If you develop a wound with unusual redness, swelling or drainage, SEEK MEDICAL ATTENTION IMMEDIATELY and let your healthcare provider know whether you came in contact with brackish or salt water.

TO LEARN MORE ABOUT *VIBRIO*, HEALTHY AND SAFE SWIMMING AND MORE:

MARYLAND DEPARTMENT OF THE ENVIRONMENT
mde.maryland.gov/vibrio
410-537-3906 | toll-free 1-800-633-6101 ext. 3906

MARYLAND HEALTHY BEACHES
marylandhealthybeaches.com/vibrio.html

MARYLAND DEPARTMENT OF HEALTH AND MENTAL HYGIENE
bit.ly/DHMHhealthyswimming
toll-free 1-866-703-3266

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