

No Contaminated Water/Food!

Caution: Waterborne and Foodborne Infectious Diseases!

Vibrio vulnificus / Vibrio parahaemolyticus infection / Enterotoxigenic E. coli infection / Enterohemorrhagic E. coli

2nd & 3rd Grade Infectious Diseases

Enterohemorrhagic E. coli Infection

Vibrio Vulnificus Septicemia

Incubation Period

2 to 10 days
(avg. of 3 to 4 days)

12-72 hours

Transmitted Route:

Consuming contaminated water or food or person-to-person transmission

Consuming raw or undercooked seafood

Key Point

Highly contagious – Crucial to prevent person-to-person spread

*Symptomatic individuals should be managed similarly to confirmed patients

Contact between open wounds and contaminated seawater

*Blisters may occur, no person-to-person transmission

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4th Grade Infectious Diseases

Vibrio Parahaemolyticus Infection

Enterotoxigenic E. coli Infection

Incubation Period

4 to 96 hours
(avg. of 12 to 24 hours)

12-72 hours

Transmitted Route:

Consuming raw or undercooked seafood

Consuming contaminated water or food or person-to-person transmission

Key Point

Consuming food exposed to contaminated water

Infected through direct contact with a patient's feces or vomit

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Prevention guidelines for waterborne and foodborne diseases



Practice proper hand hygiene



Make sure that all food is cooked thoroughly.



Drink only boiled or properly treated water.



Rinse vegetables and fruits well with clean water before eating.



Avoid food preparation if experiencing diarrhea symptoms



Maintain good kitchen hygiene.
*Disinfect knives and cutting boards after use; use separate cutting boards for fish, meat, and vegetables

Disinfection methods



Use of disinfectant such as bleach
• Dilute to 1/100 right before use



Frequently clean high-touch surfaces
(e.g., knives, cutting boards, dishcloths, refrigerator handles, bathroom door handles, toilets, etc.)



Wear gloves and a mask and ensure proper ventilation while disinfecting



Wash fabrics at 70°C or higher and dry them in direct sunlight