



# Communicable Diseases

## AEROMONAS

### What is Aeromonas?

- Aeromonas is a germ thought to cause illness in people, frequently seen in very young children, the elderly and those who are ill from other diseases or conditions.
- Aeromonas has been found in water (lakes, rivers, marine water, sewage effluent).
- Aeromonas has also been found in fish, shellfish, as well as red meats and poultry.

### How does a person get Aeromonas?

- Not much is known about Aeromonas, but it is thought the most common way of becoming infected with Aeromonas is by eating or drinking contaminated food or water. However, waterborne outbreaks have not been reported.
- You can also become infected by contact of the germ with a break in the skin.

### What are the signs and symptoms?

The main symptoms are:

- Watery diarrhea for 2-8 days
- Mild fever
- Abdominal pain
- Vomiting

### How is Aeromonas treated?

- Most people recover on their own, but some may require antibiotics or fluids to prevent water loss

### How is Aeromonas prevented?

Handwashing is the most important way to prevent infection. Since bacteria are passed in the stool (bowel movement), always wash your hands with soap and water:

- After using the toilet
- After changing diapers
- After touching any stool-soiled item
- Before fixing any food or drink
- Before eating

Young children should be helped to wash their hands.

### Note:

Food handlers, health-care, daycare workers or children in daycare who have Aeromonas infections or who live with someone who does should contact their local Health District to get more information.



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Contact your local Health Centre if you require further information.