

COOKING TIPS

IN THE SHELL

- When you purchase oysters the shells should be closed. Throw away any oysters with shells already opened.
- After the shells open, boil live oysters for an additional 3-5 minutes. Discard any oysters that do not open during cooking.
- Do not cook too many oysters in the same pot because the ones in the middle may not get fully cooked.
- If cooking in a steamer, add oysters to water that is already steaming and cook live oysters for another 4-9 minutes.

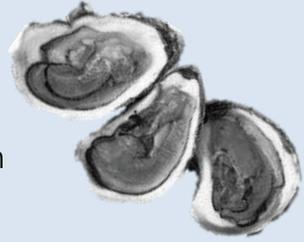
SHUCKED OYSTERS

- Boil or simmer shucked oysters for at least 3 minutes or until the edges curl.
- Fry at 375F for at least 3 minutes.
- Broil 3 inches from heat for 3 minutes.
- Bake at 450F for 10 minutes.



Vibrio vulnificus

Every year millions of Americans consume raw molluscan shellfish, especially oysters and clams. For some people, however, eating raw or undercooked molluscan shellfish can cause serious illness or death from *Vibrio vulnificus*.



WHAT IS VIBRIO VULNIFICUS?

Vibrio vulnificus is a naturally occurring marine bacteria found most often in warm ocean waters. Humans can be exposed to the bacteria by swimming or wading in seawater or by eating raw seafood.

ARE YOU AT RISK?

Most healthy people are not at risk for *Vibrio vulnificus* infection. However, individuals with liver disease, hemochromatosis, diabetes, HIV/AIDS, cancer, or individuals with recent gastric surgery are at an increased risk. In fact, the risk of *Vibrio vulnificus* infection is 30 times greater in individuals with underlying liver disease compared to their healthy counterparts. Even with advanced medical treatment, people with liver disease have a 50%-60% fatality rate with *Vibrio vulnificus* infection.

HOW CAN I AVOID INFECTION?

- At risk individuals should not eat any raw seafood, especially shellfish.
- Eat oysters or clams that have been thoroughly cooked. See "Cooking Tips" for more guidelines.
- Never swim or wade in seawater when you have sores or open wounds.