

## Botulism

<b>Sources</b>	<ul style="list-style-type: none"><li>• <b>Infants:</b> Honey and products containing honey, such as infant pacifiers filled with or dipped in honey.</li><li>• <b>Infants, children and adults:</b> Improperly home-canned or preserved foods, including low-acid vegetables and fermented fish; improperly canned commercial foods; herb-infused oils, baked potatoes in aluminum foil, cheese sauce, bottled garlic.</li></ul>
<b>Incubation period</b>	<ul style="list-style-type: none"><li>• <b>Infants:</b> 3-30 days</li><li>• <b>Children and adults:</b> 18-36 hours</li></ul>
<b>Symptoms</b>	<ul style="list-style-type: none"><li>• <b>Infants:</b> Lethargy, poor feeding, constipation, weak crying, poor muscle tone (appear "floppy").</li><li>• <b>Children and adults:</b> Double vision, blurred vision, drooping eyelids, slurred speech, difficulty swallowing, dry mouth, and muscle weakness.</li></ul>
<b>Duration of illness</b>	Variable
<b>What to do</b>	Botulism is a medical emergency. If you have symptoms of botulism, see your doctor or go to the emergency room immediately.
<b>Prevention</b>	<ul style="list-style-type: none"><li>• Follow safe home canning instructions provided by the <a href="#">National Center for Home Preservation</a>.</li><li>• Consult with your local <a href="#">Cooperative Extension Service</a>. Most offices have a food safety specialist that can help home canning advice.</li><li>• Do not feed honey or give honey pacifiers to children younger than 12 months.</li></ul>

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