

Botulism

Sources	• Infants: Honey and products containing honey, such as infant pacifiers filled with or dipped in honey. • Infants, children and adults: 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.
Incubation period	• Infants: 3-30 days • Children and adults: 18-36 hours
Symptoms	• Infants: Lethargy, poor feeding, constipation, weak crying, poor muscle tone (appear "floppy"). • Children and adults: Double vision, blurred vision, drooping eyelids, slurred speech, difficulty swallowing, dry mouth, and muscle weakness.
Duration of illness	Variable
What to do	Botulism is a medical emergency. If you have symptoms of botulism, see your doctor or go to the emergency room immediately.
Prevention	• Follow safe home canning instructions provided by the National Center for Home Preservation. • Consult with your local Cooperative Extension Service. Most offices have a food safety specialist that can help home canning advice. • Do not feed honey or give honey pacifiers to children younger than 12 months.

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