

*For more information...*

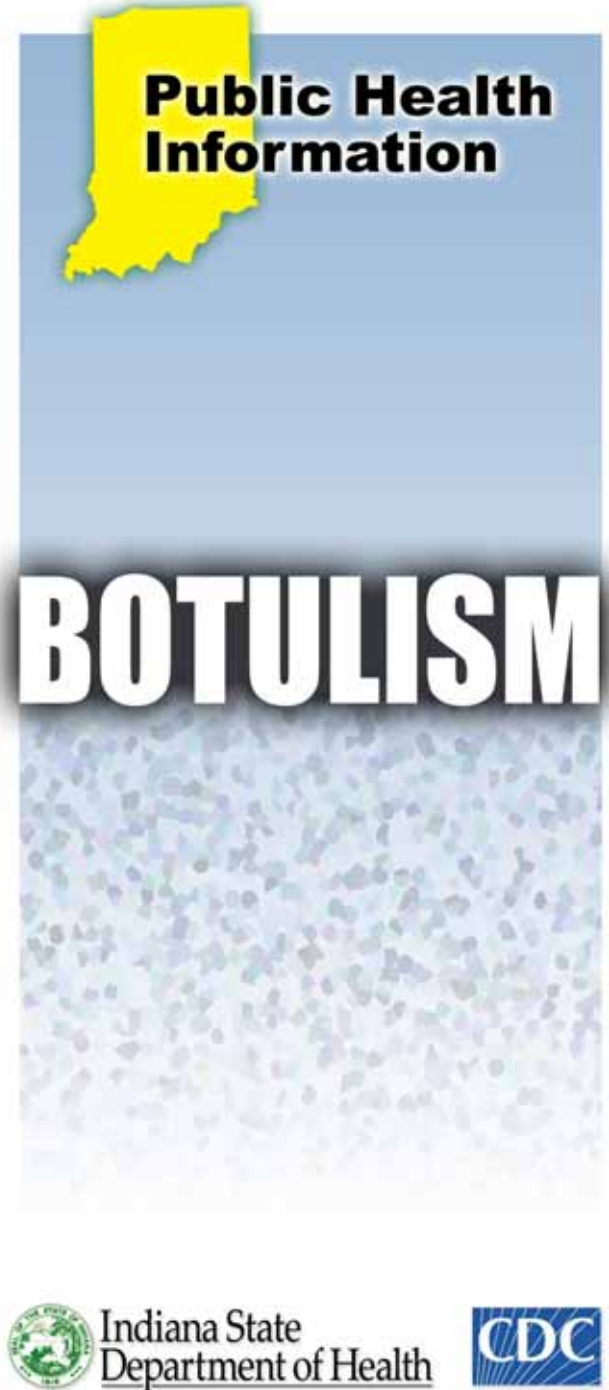
**Telephone:**

- The Indiana State Department of Health,  
1-317-233-1325
- Indiana Poison Control Center, toll free  
1-800-382-9097
- The Centers for Disease Control and Prevention,  
Atlanta, Georgia, toll free  
1-800-311-3435

**Internet:**

- Indiana State Department of Health  
<http://statehealth.in.gov/bioterrorism>
- Centers for Disease Control and Prevention  
<http://www.cdc.gov/bt/botulism>

Indiana State Department of Health  
2 North Meridian Street  
Indianapolis, IN 46204



*Prepared by the Indiana State Department of Health  
from information provided by the  
Centers for Disease Control and Prevention*

# Botulism sickness is caused by a poison



**The poison is made by a type of bacteria.**

- The bacteria live in the soil.
- It grows best where there is little or no air.
- It forms spores that can live a long time.

**Adults can get botulism poisoning**

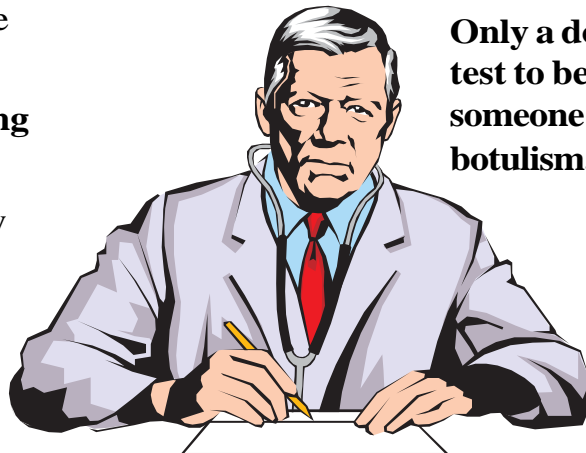


- by eating foods containing the poison, like improperly home-canned food;
- by getting the bacteria in a wound.

- People cannot smell or taste the poison.

**Babies can get poisoned from eating food with the spores.**

- The spores grow in the body and make the poison.
- Babies less than a year old should not eat honey or other natural syrups.



**Only a doctor can test to be sure if someone has botulism.**

# Botulism poisoning is an emergency



**People can die from botulism poisoning.**

- This usually happens because they can not breathe.
- Some signs of botulism poisoning in adults are
  - double vision or blurred vision;
  - difficulty speaking or swallowing;
  - paralysis — being unable to move arms or legs.

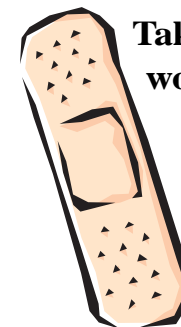
**Babies with botulism**

- have a weak cry and are limp;
- seem tired;
- don't eat well and are constipated.

# Botulism can be prevented

**Handle food carefully.**

- Can foods at home safely.
- Get information on safe canning from the county extension service or U.S. Department of Agriculture.
- Don't eat food from jars or cans if the container is bulging, the food is the wrong color, or the food tastes bad.
- Refrigerate oils that have garlic or herbs.
- Remove the foil from baked potatoes before putting them in the refrigerator.



**Take care of cuts and other wounds.**

- Clean all wounds.
- See your doctor if an injury gets infected.

**Don't feed honey to babies under a year old.**