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***Botulism is
one rare type
of food
poisoning.***

Preventing Botulism

Bacteria are very small organisms. They are found anywhere in our environment. We cannot see, smell or taste them. Some bacteria are harmless. Others cause food poisoning. Botulism is one rare type of food poisoning, and it can be serious.

Certain bacteria that grow where there is little oxygen such as in canned foods, cause botulism. The bacteria produce a toxin or poison that can be deadly if not treated.

Preventing Botulism: Do not buy or use food from bent, swollen or leaking cans. Throw away any food that has a strange smell or color. Do not taste or eat any food that you suspect is spoiled. Do not feed babies honey.

When canning, use recommended processing times and canners for all foods. Be especially careful to use a pressure canner and follow directions carefully for meats and vegetables.

Do not taste home canned food that might be spoiled or if you don't know how it was canned. Contact your local Cooperative Extension Service office for information about knowing if home canned foods might be spoiled and handling foods you suspect might not be safe.

Botulism Symptoms

- ▶ Occur 12 to 48 hours after eating. Immediate treatment is important!
- ▶ Trouble seeing and double vision.
- ▶ Trouble speaking and swallowing.
- ▶ Difficulty in breathing.
- ▶ Dizziness.
- ▶ Stomach cramps and diarrhea.



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