

## Information for the doctor

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3. Long SS. Infant botulism and treatment with BIG-IV (BabyBIG®). *Pediatr Infect Dis J* 2007;26:261-62.
4. Arnon SS. Infant botulism. pp. 1758-1766 in Feigen RD, Cherry JD, Demmler GJ, Kaplan SL, eds. *Textbook of Pediatric Infectious Diseases, 5th ed.* 2004, WB Saunders, Philadelphia.
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This brochure was prepared by the Infant Botulism Treatment and Prevention Program of the California Department of Public Health and has been endorsed by the American Academy of Pediatrics.



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# No Honey



## During Your Baby's First Year

## Honey can cause infant botulism — A serious disease for babies

**Infant botulism** is a very serious disease. It affects a baby's nerves and muscles. A baby who has this disease may be weak, constipated, and eat poorly. In extreme cases, the baby may not be able to move, may stop breathing and die.

### WARNING



**Do Not** add honey to your baby's food, water or formula.



**Do Not** dip your baby's pacifier in honey.



**Do Not** give your baby honey as if it were medicine.

*However, a baby can still get infant botulism even if he or she has not been fed honey.*

Honey can cause this disease because it often contains the spores of harmful bacteria. These bacteria can grow in the infant's intestine. The growth makes a strong poison.



## Honey is safe for people over one year old\*

After one year of age, babies, children and adults no longer get sick from this disease. The bacteria cannot grow and make poison after the first year of life.

\*Except, perhaps, for some people who have had intestinal surgery or inflammatory bowel disease (see reference # 5).

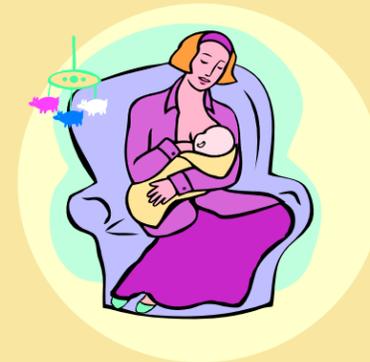
### These are reasons to call the doctor



- If your baby is too weak to cry or suck as usual
- If your baby does not want to eat or cannot swallow
- If your baby has weak arms and legs
- If your baby has a wobbly head because his or her neck is weak

## Infant botulism is very serious

If your baby develops this disease, he or she may need to be treated in a hospital for days or weeks. Almost all babies with this disease recover fully.



### And please note

It is possible that raw fruits and vegetables can also contain the spores that can cause infant botulism.

To be safe, follow the advice of the American Academy of Pediatrics:

**They recommend breastfeeding for at least six months. Most breastfeeding babies do not need any water in addition to breast milk during this time. Supplemental foods may be added between four and eight months of age.**