

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. Khouri, JM, Arnon SS. Infant botulism. pp. 1298-1304 in Cherry JD, Harrison GJ, Kaplan SL, Steinbeck, WJ, and Hotez PJ. eds. Feigin and Cherry's *Textbook of Pediatric Infectious Diseases, 8th ed.* 2019, Elsevier, 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

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.

Honey can cause this disease because it often contains the bacteria that can grow in the infant's intestine. The bacteria make a strong poison (toxin) that causes infant botulism.



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.

Honey is safe for people over one year old

After one year of age, children and adults no longer get sick from this disease because they ate honey. The bacteria do not grow in the intestine after the first year of life*.

*Except in very rare instances and 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
- If your baby does not have a bowel movement and has weak muscles

WARNING

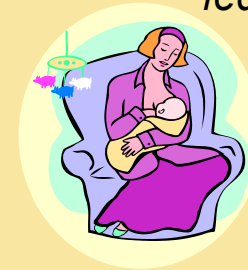


Do Not add honey to your baby's food, water, formula, or pacifier.



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.



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

They recommend exclusive breastfeeding for approximately 6 months followed by continued breastfeeding with complementary foods for at least 2 years and beyond as mutually desired.