

Information for the doctor

1. Payne JR. et al. Efficacy of Human Botulism Immune Globulin for the treatment of infant botulism: The First 12 Years Post Licensure 2018; 193:172-7
2. Arnon SS et al. Honey and other environmental risk factors for infant botulism. *J Pediatr* 1979; 94: 331-36.
3. Midura TF et al. Isolation of *Clostridium botulinum* from honey. *J Clin Microbiol* 1979; 9:282-83.
4. Long SS. Infant botulism and treatment with BIG-IV (BabyBIG®). *Pediatr Infect Dis J* 2007;26:261-62.
5. 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.
6. Bartlett JC. Infant botulism in adults. *N Engl J Med* 1986; 315:254-55.
7. Arnon SS et al. Human botulism immune globulin for the treatment of infant botulism. *N Engl J Med* 2006; 354:462-71.
8. American Academy of Pediatrics. Policy statement: breastfeeding and the use of human milk. *Pediatrics* 2012; 129:e827-e41



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No
Honey



During
Your Baby's
First Year

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.

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, 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.

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.



Honey is safe for people over one year old*

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

*Except, perhaps, for some people who have had intestinal surgery or inflammatory bowel disease (see reference # 6).

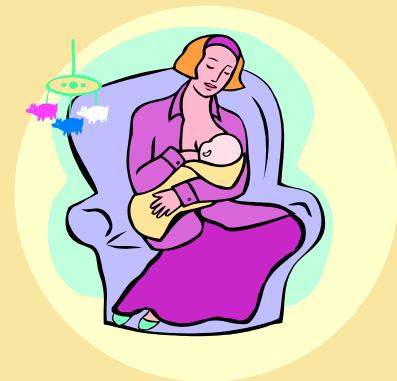
These are reasons to call the doctor



- 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

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 bacteria 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 breastfed 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.