

# AVOIDING HONEY

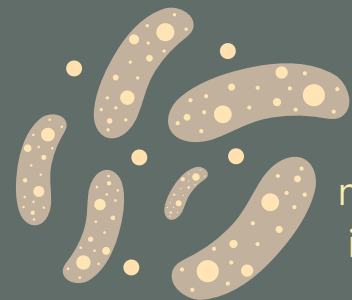
## FOR INFANTS

### WHY AVOID HONEY?

Honey can be a source of the bacterial spores that can cause **infant botulism**. Infant botulism largely affects those under **12 months of age** and it is recommended that children within this age group avoid honey. Not all honey contains these spores, but avoiding honey is currently the only known method to prevent infant botulism.



### WHAT IS INFANT BOTULISM?



Infant botulism is caused by spores of a bacterium that naturally resides in the soil. In rare cases, when ingested, it can produce a neurotoxin in the body that can affect a baby's nerves and muscles. It is progressive and onset may occur quickly (within a matter of hours) or more slowly (over a few days).

### SIGNS OF INFANT BOTULISM:

- Difficulty feeding
- Constipation
- Feels floppy when held
- Loss of head control
- Flat facial expression
- Lethargy
- Weakness
- Reduced wet diapers due to poor intake



### MY INFANT WAS EXPOSED TO HONEY:

One exposure to honey is unlikely to lead to the development of infant botulism.

Infant botulism is rare - affecting on average 150 infants across the U.S. per year.

Monitor your infant for signs in the coming days and weeks.

**If you do notice signs contact your pediatrician.**

For any medical concerns, reach out to your pediatrician. The IBTPP is available for no-cost physician consultation at **(510) 231-7600**.



For additional information on infant botulism please visit: **[infantbotulism.org](http://infantbotulism.org)**