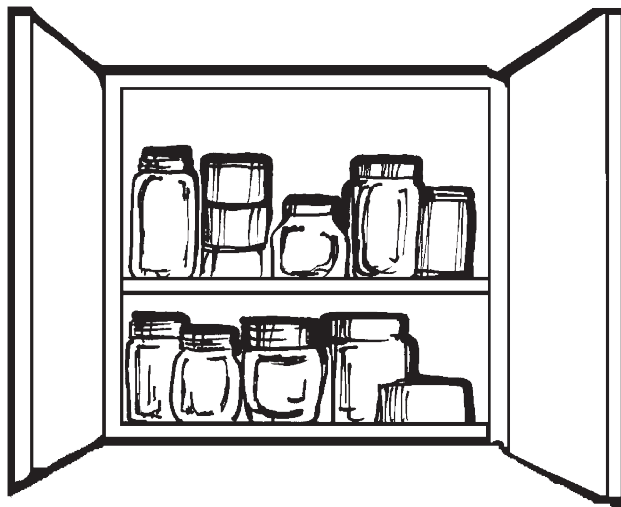


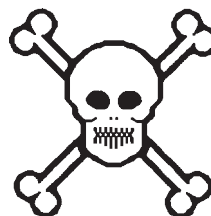
# Botulism...

## A Deadly Food Poisoning

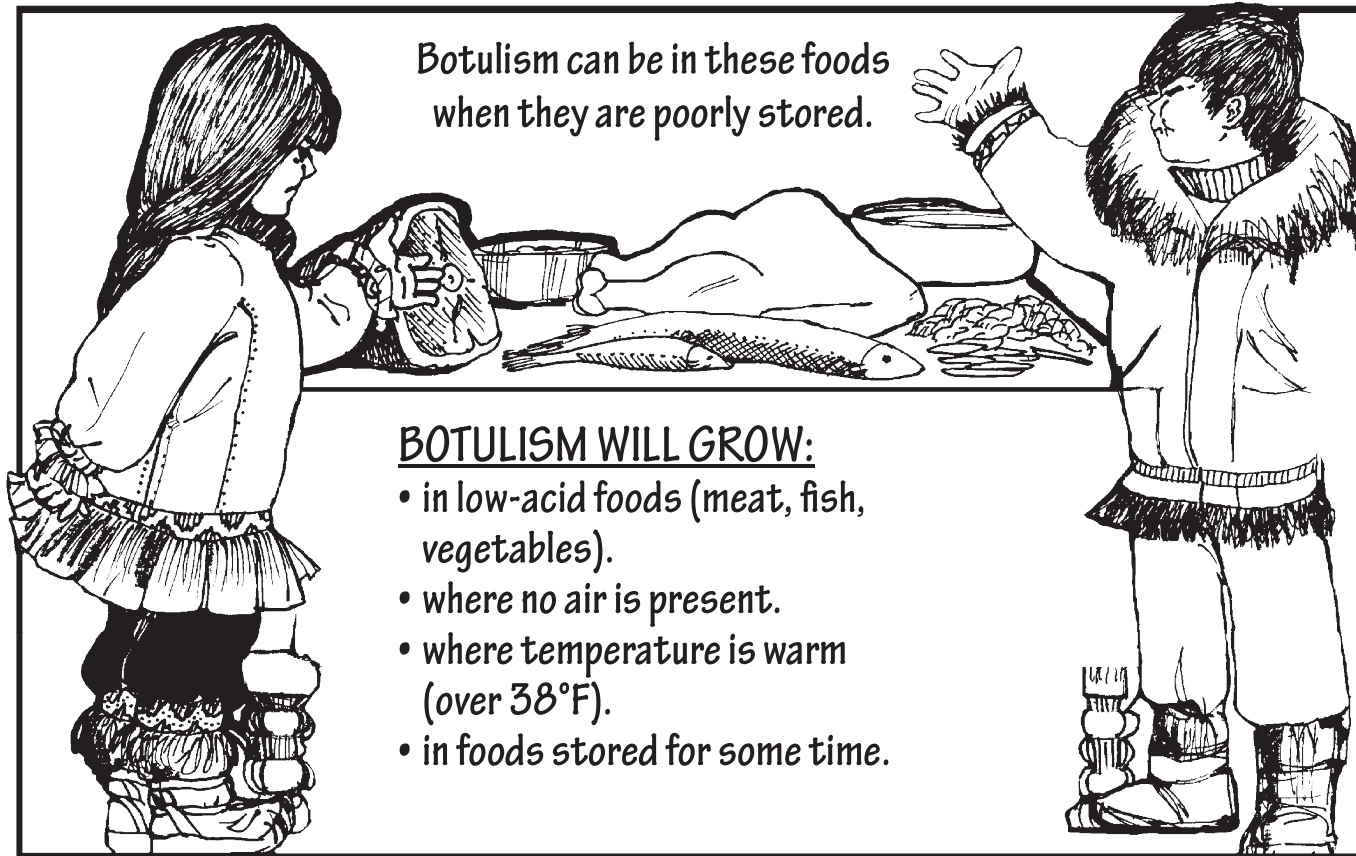


When some foods are not packed  
or stored correctly,  
botulinum bacteria grow to make a poison.

IT CAN KILL PEOPLE WHO EAT IT!



Botulism can be in these foods  
when they are poorly stored.



### BOTULISM WILL GROW:

- in low-acid foods (meat, fish, vegetables).
- where no air is present.
- where temperature is warm (over 38°F).
- in foods stored for some time.

# SYMPTOMS OF BOTULISM



Double Vision

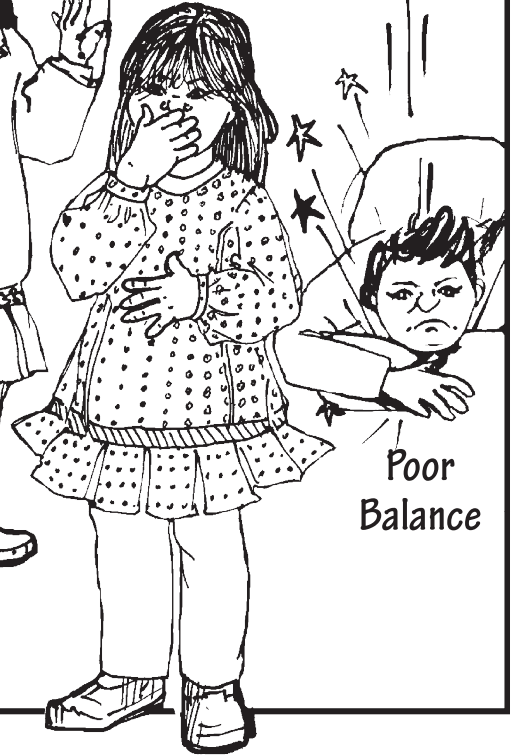


Dry Mouth



Dizziness

Vomiting



Poor Balance

Botulism has no taste or smell!



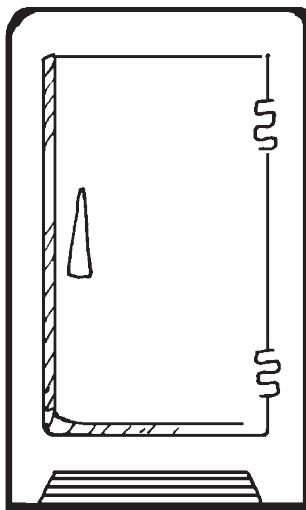
Botulism cannot be seen!



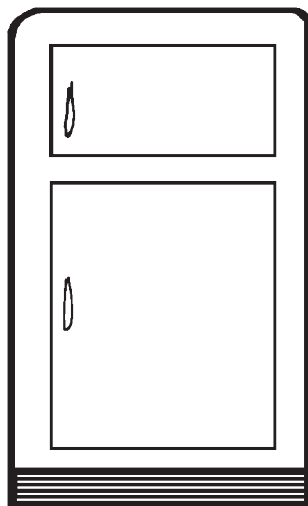
**DO NOT TASTE BEFORE BOILING!**

Boil 15 minutes any food that may have been stored improperly. Boiling destroys the botulinum poison.

# TO STOP BOTULISM GROWTH



Refrigerate

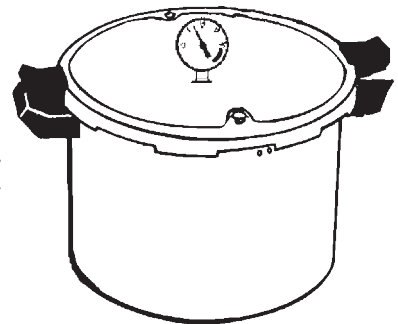


Freeze

Store food in these ways.



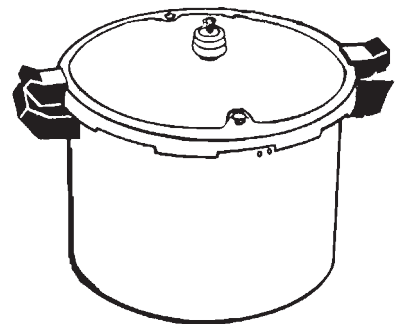
Pressure can at 11 pounds pressure if your canner has a dial gauge like this one.



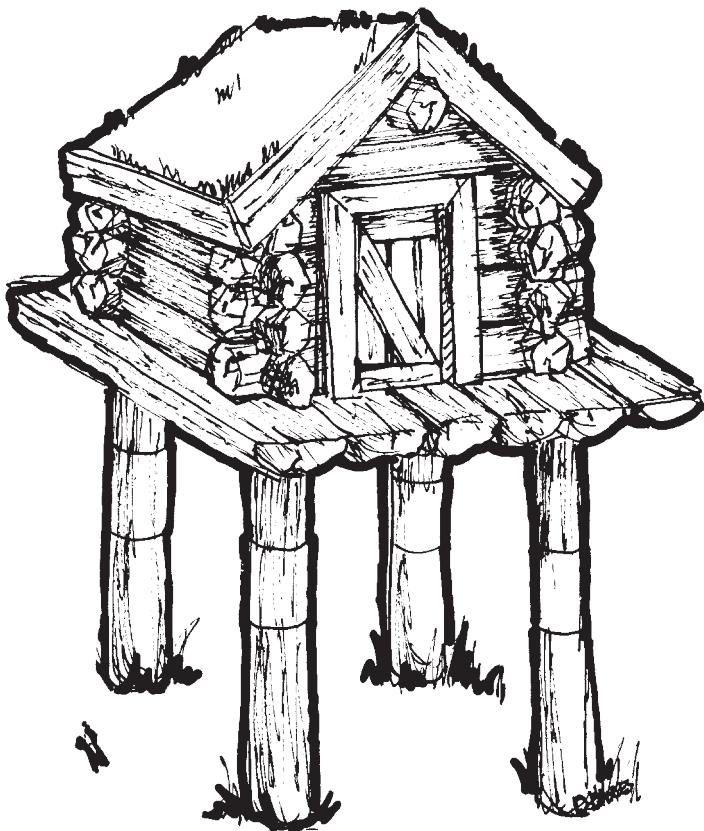
Dial-Gauge Canner

or

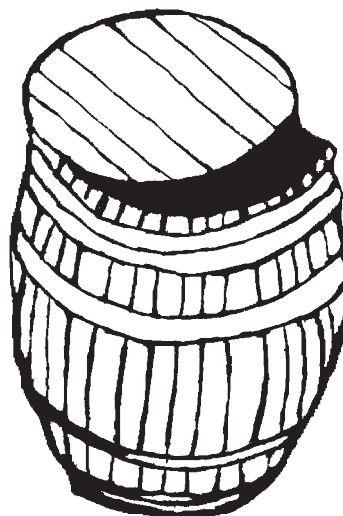
10 pounds pressure if your canner has a weighted gauge.



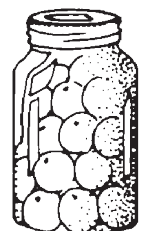
Weighted-Gauge Canner



Dry for cache storage wrapped in cloth or paper—NOT PLASTIC.



Salt Barrel



Pickle



Ferment fish and meats in the traditional way.

Keep foods cold while they ferment (below 38° F).

Do not use plastic to ferment meats and fish. Let a little air get to the fermented foods.

Only use plastic bags for freezer storage and temporary refrigerator storage.

### BOTULISM IS PREVENTABLE

- ✓ Store meats and fish carefully.
- ✓ Boil suspected foods before tasting.

WHEN IN DOUBT—THROW IT OUT!

#### For more information:

*A Helping Hand: Keeping Your Family Safe from Botulism (DVD).* Centers for Disease Control, Arctic Investigations Program, 4055 Tudor Centre Dr., Anchorage, Alaska 99508, 907-729-3400.

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12-78/MS/03-23

Reviewed January 2023