

BOTULISM

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HIDEOUTS FOR BOTULISM

1. A CLOSTRIDIUM BOTULINUM IS FOUND IN SOIL AND UNTREATED WATER THROUGHOUT THE WORLD. IT PRODUCES SPORES THAT SURVIVE IN IMPROPERLY PRESERVED OR CANNED FOOD, WHERE THEY PRODUCE A TOXIN.

2. THE SOURCE OF FOODBORNE BOTULISM IS OFTEN HOME-CANNED FOODS THAT ARE LOW IN ACID, SUCH AS GREEN BEANS, CORN AND BEETS. A COMMON SOURCE OF THE ILLNESS IN ALASKA IS FERMENTED SEAFOOD. HOWEVER, THE DISEASE HAS ALSO OCCURRED FROM CHILI PEPPERS, FOIL-WRAPPED BAKED POTATOES AND OIL INFUSED WITH GARLIC.



CRIMES FOR BOTULISM

- **SIGNS AND SYMPTOMS OF FOODBORNE BOTULISM TYPICALLY BEGIN BETWEEN 12 AND 36 HOURS AFTER THE TOXIN GETS INTO YOUR BODY. BUT, THE START OF SYMPTOMS CAN RANGE FROM A FEW HOURS TO SEVERAL DAYS, DEPENDING ON THE AMOUNT OF TOXIN INGESTED. SIGNS AND SYMPTOMS OF FOODBORNE BOTULISM INCLUDE:**

- DIFFICULTY SWALLOWING OR SPEAKING**
- DRY MOUTH**
- FACIAL WEAKNESS ON BOTH SIDES OF THE FACE**
- BLURRED OR DOUBLE VISION**
- DROOPING EYELIDS**
- TROUBLE BREATHING**
- NAUSEA, VOMITING AND ABDOMINAL CRAMPS**
- PARALYSIS**



HOW TO PREVENT BOTULISM

Use proper canning techniques. Be sure to use proper techniques when canning foods at home to ensure that any botulism germs in the food are destroyed: Pressure cook these foods at 250 F (121 C) for 20 to 100 minutes, depending on the food. Consider boiling these foods for 10 minutes before serving them.

