

# CANADA'S 10 LEAST WANTED FOODBORNE PATHOGENS

PATHOGEN:

## CLOSTRIDIUM BOTULINUM



SYMPTOMS	START OF SYMPTOMS / HOW LONG THEY LAST	HOW YOU CAN GET SICK	POTENTIAL HEALTH IMPACTS	FOOD COMMONLY ASSOCIATED	HOW TO PROTECT YOURSELF
<p>Nausea</p> <p>Diarrhea</p> <p>Fatigue</p> <p>Weakness and dizziness</p> <p>Blurred vision</p> <p>Dry mouth</p> <p>Difficulty speaking and swallowing</p> <p>Descending paralysis of the arms, legs, trunk, and breathing muscles (starts in arms and moves down)</p>	<p>Symptoms usually</p> <ul style="list-style-type: none"> <li>• start within 12 to 36 hours after eating or drinking food containing the bacteria</li> <li>• last from 2 hours to 14 days</li> </ul>	<p><i>Clostridium botulinum</i> is a bacteria that can form toxins.</p> <p>By eating or drinking food or beverages contaminated with <i>Clostridium botulinum</i> toxin</p> <p>Through home-canned food that is</p> <ul style="list-style-type: none"> <li>• processed improperly</li> <li>• low-acid</li> </ul>	<p>Illness is rare in Canada, but it can be severe.</p> <p>Most people can recover if diagnosed and treated promptly. Treatment includes early doses of antitoxin and intensive respiratory care.</p> <p>Recovery can take several weeks to months. In some cases, it can take years and you may never fully recover.</p> <p>Severe botulism can lead to</p> <ul style="list-style-type: none"> <li>• a need for intensive medical and nursing care</li> <li>• paralysis and respiratory failure, which can require a person to have ventilator assistance to breathe</li> </ul> <p>If <b>not</b> diagnosed and treated, death from respiratory failure can happen within 3 to 10 days.</p>	<p>Home-canned low-acid food that has been processed improperly, such as asparagus, beets, corn, garlic, green beans, mushrooms, peppers, chicken and chicken livers, ham, liver pâté, sausage</p> <p>Smoked, salted and fermented fish</p> <p>Fermented marine mammal meat, for example whale, walrus, seal</p> <p>Baked potatoes stored in aluminium foil</p> <p>Honey: Although honey may naturally contain <i>Clostridium botulinum</i>, the bacteria can't grow or produce toxins in the honey, but it could grow and produce toxins in a baby's body, and this can cause infant botulism</p> <p>Low-acid juice, such as carrot juice</p> <p>Improperly-cured meat products</p>	<p>Follow instructions and up-to-date canning recipes and use up-to-date equipment when canning low-acid food at home.</p> <p>Don't use aluminium foil to wrap potatoes or other vegetables for baking unless the vegetables will be cooked and eaten right away or unwrapped and refrigerated right away once they're cooked.</p> <p>Don't feed honey (even pasteurised honey) to children under one year old.</p> <p>Keep all low-acid juices, such as carrot juice and other products labelled "keep refrigerated," refrigerated.</p> <p>Never eat food from dented, bulging or leaking home or commercially-canned food.</p>