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## Botulism Survivor Urges Safe Canning

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Take it from one who has survived botulism. Get educated and learn about safely canning foods before you start canning!

While Debbie Miller survived botulism, it was a long recovery. And all of it could have been prevented. Now she is on a mission to tell her story and educate home canners about what could happen if improper methods are used.

Debbie canned green beans. While she did use a pressure canner, she had no idea how to use it to safely can the beans. The dial-gauge canner was not calibrated correctly and she used it like a water bath canner. Therefore, the beans did not reach the proper temperature to kill *Clostridium botulinum*. After eating the beans, she had double vision, swollen tongue, muscle weakness in her neck and other symptoms. Tests confirmed the diagnosis.

Watch the Utah State University video about Debbie's experience and learn, so this doesn't happen to you! Find the video here: <https://youtu.be/ON8FEyVHE30>.

The Rapid Response Center was formed in 1995 as a resource for Kansas State University Research & Extension Agents. Resource topics included Food Science, Human Nutrition, Food Service, Textiles, Home Care and other consumer topics. Since that time, the Center has grown to be of valuable assistance to Kansas State University Extension Specialists in those areas. To learn more, visit the website at <https://newsletters.k-state.edu/youaskedit/>.