

what's your Poison?

A quarterly update from the Kentucky Poison Control Center of Norton Children's Hospital



Outdoor Fall Safety



Berries can be attractive to small children. Make sure you know the names of the plants growing in your yard, and teach children to never pick or eat berries they find.



Fall brings mushrooms to many yards, but remember that only an expert can determine which mushrooms are safe to eat. Even a few bites of certain mushrooms can cause serious illness and even death.

If someone eats a wild berry or mushroom, if possible, take a picture of it (including leaves of the plant/bush) using a digital camera or phone, Then call the poison control center. The poison specialist will instruct you how to email the picture so that common plants and mushrooms can be identified and treatment can be planned.

Home Canning



As we move into fall many gardeners throughout Kentucky are still harvesting. Home canning can be a great way to preserve fresh fruits and vegetables, but it can also produce botulism - a rare and dangerous illness caused by a poison produced by germs found in soil.

To help keep your home-canned good safe:

- Follow the latest [safe canning guidelines](#)
- Use the proper equipment - pressure canning is the only safe method for non-acidic and low-acidic foods. For more information you can contact [your local county extension office](#)
- When in doubt - throw it out - and never taste food to see if it's safe. Throw it away if
 - the container is leaking, bulging, or swollen;
 - the container looks damaged, cracked, or abnormal;
 - the container spurts liquid or foam when opened;
 - the food is discolored, moldy, or smells bad..

Carbon Monoxide

While it seems like the warm weather will never end - before you know it we'll be turning on our furnaces. Before you use your furnace or fireplace for the first time this year, make sure you have a carbon monoxide detector on every floor of your house, especially near sleeping rooms.

Carbon monoxide (CO) is a gas that you cannot see, taste or smell. The most common causes of carbon monoxide in the home are malfunctioning furnaces, fireplaces or wood stoves.



Halloween Safety

Treats

Encourage children to wait to eat their treats until you return home. Check all treats and discard any that have become unwrapped. Enjoy homemade treats only from people you know and trust.

Glow Sticks and Glow Jewelry

Glow sticks and glow jewelry are very popular on Halloween, but children can bite or break them, releasing the chemicals inside.

While the chemical inside these glowing items (dibutyl phthalate) is not considered poisonous, it can irritate the eyes, skin and mouth, causing stinging and burning that can be frightening to kids and parents. To remove the chemical and help relieve symptoms, wash the skin, rinse the mouth or flush the eyes with clean water for 15 minutes. Then call the poison control center with any questions.

To help prevent breakage and exposure to the liquid inside, do not allow children to chew on glow sticks or jewelry and discard used items.

Costumes

When choosing makeup to use for Halloween costumes, look for makeup that is non-toxic. Wash skin right away if a rash or other changes in the skin develop.

Store makeup up and away from children's reach. If any makeup is swallowed, call poison control and have the product container on hand so that we can best determine if any treatment is necessary.

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