

# what's your Poison?

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



## Bites & Stings

Be alert to insects that may bite or sting. After a sting, the site will show redness and swelling. Some people are allergic to insect stings. These people may experience serious problems and even death. If there are hives, dizziness, breathing trouble or swelling around the eyes and mouth go to a hospital right away. Not sure what to do? You can always call poison control and a medical specialist will talk you through what symptoms to watch for.

Kentucky has three types of poisonous snakes: copperheads, rattle snakes (timber and pigmy) and cottonmouths. Call poison control right away if you think someone has been bitten by a poisonous snake. Our specialists will help you determine what steps you need to take.

There are two types of venomous spiders in Kentucky - the black widow and brown recluse. A bite from one of these spiders can cause serious problems. If you suspect a bite from a venomous spider, call poison control for help.

## Spring Cleaning



*Many cleaning products look similar to safer items, be sure to store cleaners and chemicals up and out of reach of children.*

Even though spring is a popular cleaning time, you can use these tips to stay safe while cleaning year round:

- Always read the cleaning product label first and use only as directed.
- Store cleaning products in their original containers with original labels.
- Keep cleaning products stored up and out of reach of children.
- Store household cleaning products and other chemicals separate from food items
- Do not leave cleaning products unattended.
- Never mix chemicals, doing so could cause a poisonous gas.
- Turn on fans and open windows when using strong chemicals.

## Pesticides

Most pesticides are highly toxic. They pose a danger if absorbed through the skin, inhaled or accidentally ingested.

To protect your skin, wear protective clothing. This means wearing a long-sleeve shirt, long pants, socks, shoes and gloves. Remove and wash all clothing after using the chemicals.

If pesticides are splashed onto the skin, rinse with running water for 15-20 minutes. If pesticide comes into contact with clothing, take off the clothing before rinsing the skin.

Once you rinse the affected area, call poison control at 800-222-1222 for further instructions.

As always, you can also call as soon as you come into contact with a pesticide to receive advice and instructions.

Store all pesticides in their original containers. Be sure lids are tightly closed and keep the products up and out of reach of children.

## Planting

Use caution when choosing plants during the spring planting season. Some plants, trees and shrubs can be harmful, causing skin rash or irritation.

Be sure you know the names of the plants and flowers around your house. If you need help identifying a plant or flower, check with a local greenhouse or florist for help.

**Not sure if your plants or flowers are safe?**

[Check out our plant list to see which are poisonous.](#)

## Plant Safety for Children



- Keep all house plants out of children's reach.
- Teach children never to put mushrooms, berries or any part of a plant or flower into their mouth.

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For poisoning information and emergencies: 1-800-222-1222

