

# what's your Poison?

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



## Bites & Stings

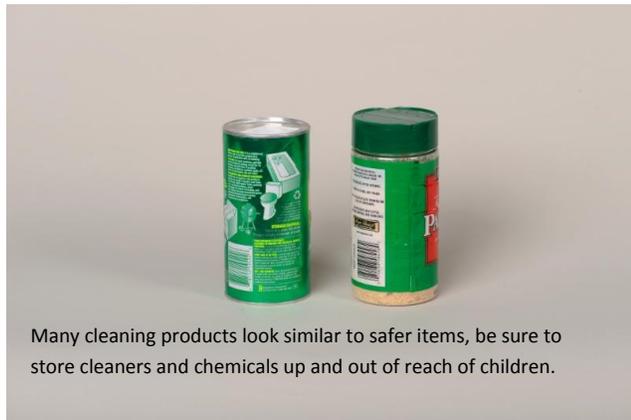
Be alert to insects that may bite or sting. After a sting, the site will show redness and swelling. Some people are allergic to insect stings. These people may experience serious problems and even death. If there are hives, dizziness, breathing trouble or swelling around the eyes and mouth go to a hospital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

# Spring Cleaning—Medication Safety

While you're cleaning your house this spring, don't forget the medicine cabinet. Safely dispose of any prescription medicine that is not currently part of your doctor's treatment plan.

It's not safe to take those medications for reasons other than those they were prescribed for. Don't share your prescription medications with friends or family members even if they have similar symptoms. It's never okay to take prescription medication that was not specifically prescribed for you.

How to safely dispose of medications:



## DEA Prescription Drug Take Back Day

The next take back day is Saturday, April 28th. [Click here](#) starting April 1 to find a location near you.

## Year Round Take Back Locations

There are two online sources to find a drop box near you. [The DEA](#) and the [Kentucky Office of Drug Control Policy](#)

## Home Disposal

If you can't take your medicine to a drop box you can still safely dispose of your medicine at home. There are a few select drugs that should be flushed. [Click here](#) for that list.

Otherwise, simply mix the pills or capsules with some coffee grounds or kitty litter. Place the mixture in a sealable plastic bag or container and throw it away with your regular trash. Before throwing away or recycling your empty prescription pill bottles always remove the label or mark out the identifying information.

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

