

what's your Poison?

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



Summer Food Safety

Keep food stored at the proper temperature until you're ready to cook and do not let cooked food sit out at room temperature for more than two hours.

Watch for signs of food poisoning. They include fever, headache, diarrhea, stomach pains, nausea and vomiting.

To keep food cold, keep cooler lids closed as much as possible. Consider packing a separate "drinks cooler" since coolers with beverages are opened more frequently.

While you're traveling, keep your cooler inside the car, rather than the hot trunk.

Alcohol can be a deadly poison for children, due to their small size and the fact that their livers haven't fully developed. Be sure to not leave alcoholic drinks where children can reach them and keep a special watch if attending a party where alcoholic beverages are being served.

More tips about packing and storing foods for picnics is available [from the FDA](#).

Outdoor Summer Safety

Before you host your next cookout or pack up the car for a picnic at the lake, make sure you know what to do to keep you and your family safe from poison this summer. If you want more summer safety tips, follow our [Summer Safety Pinterest Board](#).

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.

Plants

Be sure everyone in the family can identify poison ivy, poison sumac and poison oak. If someone touches one of these

Did You Know?

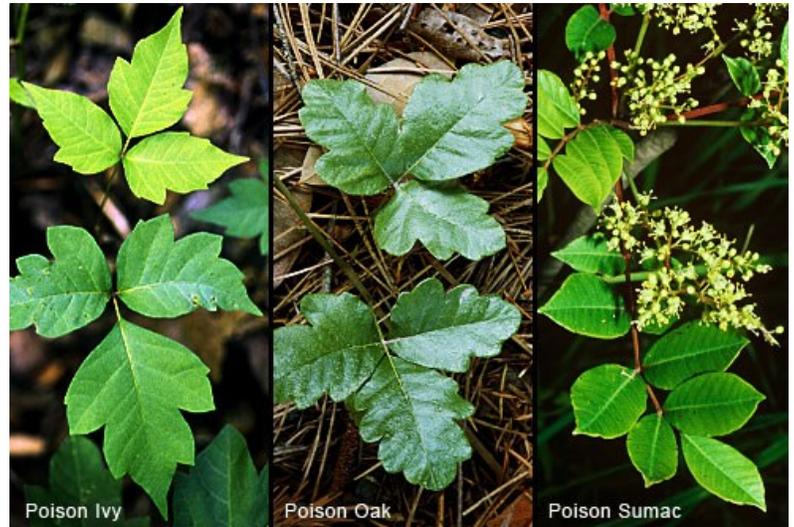
Your poison control center never takes a summer vacation.

Our phones are answered 24 hours a day every day of the year, by medical professionals specially trained in poison treatment.

Program our number in your cell phone so you will always have it if you need it.

1-800-222-1222

plants, rinse right away with plenty of running water for at least five minutes. The oil from these plants can also get on any objects that come into touch with them. Be sure to wash your clothes and any tools or other items that might have come into contact with the plants.



Unless you are a plant expert, do not pick your own foods to eat in the wild. This includes mushrooms or berries found growing in your yard or neighborhood.

Sumer Safety Video



Want more poison safety tips for summer? Watch this short video.

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

