

# what's your Poison?

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



## Outdoor Carbon Monoxide Hazards

Did you know you can be poisoned by carbon monoxide even if you're outside?

If you're boating this summer be sure to use caution. Carbon monoxide can build up inside cabins but it can also build up behind a boat.

Assign an adult to watch when anyone is swimming or playing in the water.

### Carbon Monoxide Symptoms

- Headache
- Confusion
- Fatigue
- Seizures
- Dizziness or loss of consciousness
- Nausea

Do not confuse carbon monoxide poisoning with seasickness, intoxication or heat stress. If someone on board complains of irritated eyes, headache, nausea, weakness or dizziness, immediately move the person to fresh air, investigate the cause and take corrective action.



## 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

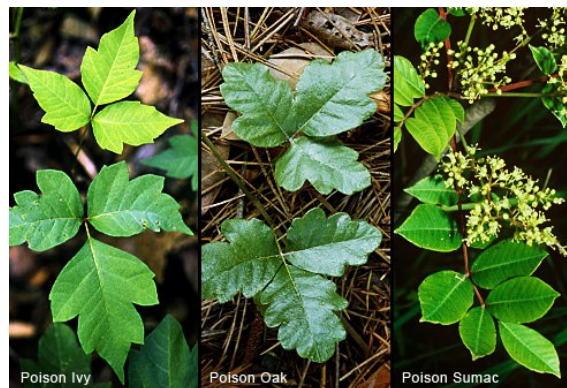
Be alert to insects that may bite or sting. After a sting, the site will show redness and swelling. Some people are allergic to insect stings. These people may experience serious problems and even death. If there are hives, dizziness, breathing trouble or swelling around the eyes and mouth go to a hospital 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 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.



Kentucky Poison Control Center  
PO Box 35070  
Louisville, KY 40232  
[www.KYPoisonControl.com](http://www.KYPoisonControl.com)

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

