

what's your Poison?

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



Medication Safety

Cold and flu season is in full force this time of year, which means often there is someone in your household taking medication. Follow these simple tips to keep your family safe:

Keep medicines (as well as vitamins and supplements) in the containers they came in.

Store medications up and out of reach of children.

Tell your doctor about all medicines you are taking. Be sure to mention prescription and over-the-counter drugs.

Read the label before taking or giving medicine every time.

Never take other people's prescription drugs (or share your prescription drugs with friends or family).

Never call medicine "candy" when giving it to children.



Carbon Monoxide Safety



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.

- Make sure you have a carbon monoxide detector on every floor of your house, especially near sleeping rooms.
- Never use a gas range, oven or charcoal grill to heat a home. Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.
- Never run a generator inside a garage or other enclosed structure, even if the doors or windows are open. If CO poisoning is suspected, consult a health care professional right away.

For more information about Carbon Monoxide safety:

[CDC](#)

[Safe Kids Worldwide](#)

Winter Food Safety



If the power goes out:

- Keep the refrigerator and freezer doors closed and open them only when necessary.
- If power is restored within four hours, items in the refrigerator should be safe to eat. A full freezer should stay at freezing temperatures for up to two days if the door remains constantly closed. A half-full freezer should stay at freezing temperatures for up to one day if the door remains closed.

Once Power is Restored:

- Check the temperature inside your refrigerator and freezer. If it has risen to 45°F or higher, discard any meat, poultry, fish, dairy and egg products, soft cheese, cooked beans, cooked rice, cooked potatoes, cooked pasta, potato salad, pudding or any other potentially spoiled foods.
- Allow time for the refrigerator to reach be-



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