

what's your Poison?

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



Outdoor Fall Safety



Berries can be attractive to small children. Make sure you know the names of the plants growing in your yard, and teach children to never pick or eat berries they find.



Fall brings mushrooms to many yards, but remember that only an expert can determine which mushrooms are safe to eat. Even a few bites of certain mushrooms can cause serious illness and even death.

If someone eats a wild berry or mushroom, if possible, take a picture of it (including leaves of the plant/bush) using a digital camera or phone. Then call the poison control center. The poison specialist will instruct you how to email the picture so that common plants and mushrooms can be identified and treatment can be planned.

Medication Safety

Fall means we're entering cold and flu season. Follow these easy tips to help keep you and your family safe:

Check the label every time.

- Only give medications that treat you or your child's current symptoms. Many cold and cough medicines also treat congestion or fever. If your child doesn't have these symptoms, don't use a medication that treats them.
- Check the ingredients - many cold medicines include a pain reliever/fever reducer like ibuprofen or acetaminophen. Make sure you're not giving a separate pain reliever/fever reducer if it's already included in the cold medicine.
- Check the dose - always read the label and use the correct measuring device.
- Watch the age - check the label to make sure the medication is appropriate for your child's age. If it's not listed, call your doctor before giving it.

Never call medication candy - and be sure to always store medication up and out-of-reach of children.

Call with questions - you can call the Kentucky Regional Poison Control Center with questions or if you've accidentally given an incorrect dose or combined medications.

Halloween Safety Video

For more Halloween Safety tips, watch this short video:



Halloween Safety

Treats

Encourage children to wait to eat their treats until you return home. Check all treats and discard any that have become unwrapped. Enjoy homemade treats only from people you know and trust.

Glow Sticks and Glow Jewelry

Glow sticks and glow jewelry are very popular on Halloween, but children can bite or break them, releasing the chemicals inside.

While the chemical inside these glowing items (dibutyl phthalate) is not considered poisonous, it can irritate the eyes, skin and mouth, causing stinging and burning that can be frightening to kids and parents. To remove the chemical and help relieve symptoms, wash the skin, rinse the mouth or flush the eyes with clean water for 15 minutes. Then call the poison control center with any questions.

To help prevent breakage and exposure to the liquid inside, do not allow children to chew on glow sticks or jewelry and discard used items.

Costumes

When choosing makeup to use for Halloween costumes, look for makeup that is non-toxic. Wash skin right away if a rash or other changes in the skin develop.

Store makeup up and away from children's reach. If any makeup is swallowed, call poison control and have the product container on hand so that we can best determine if any treatment is necessary.

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