

what's your Poison?

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



Medication Safety

Most pesticides are highly toxic. They pose a danger if absorbed through the skin, inhaled or accidentally ingested.

To protect your skin, wear protective clothing. This means wearing a long-sleeve shirt, long pants, socks, shoes and gloves. Remove and wash all clothing after using the chemicals.

If pesticides are splashed onto the skin, rinse with running water for 15-20 minutes. If pesticide comes into contact with clothing, take off the clothing before rinsing the skin.

Once you rinse the affected area, call poison control at 800-222-1222 for further instructions.

As always, you can also call as soon as you come into contact with a pesticide to receive advice and instructions.

Store all pesticides in their original containers. Be sure lids are tightly closed and keep the products up

Carbon Monoxide

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 below 40°F before restocking.
- When in doubt, throw it out.

Antifreeze

- Antifreeze is a poisonous liquid used in cars. It has a sweet taste. Children and animals like its taste. If even a little is swallowed, it can be harmful.
- Keep antifreeze and all strong chemicals in their original containers and store them up and out of reach of children.

Salt

- If eaten, salt used on driveways and sidewalks in winter can harm a pet or child.
- Store such salt as you would any other poison. Keep it in a sealed, marked container and store it up and out of reach of children.

We're Always Open!

Even when there are severe winter storms, you can always call **1-800-222-1222** and reach the poison control center.

Kentucky Regional Poison Control Center
PO Box 35070
Louisville, KY 40232
www.krpsc.com

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

