

what's your Poison?

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



Spring Cleaning

Whether you're spring cleaning or just doing your regular cleaning routine, these tips can help keep you and your family poison safe.

- Always read the cleaning product label first and use it only as directed.
- Store cleaning products in their original containers with original labels.
- Keep cleaning products stored up and out of reach of children.
- Store household cleaning products and other chemicals separately from food items.
- Do not leave cleaning products unattended. If you have to leave the room, take the cleaner with you or put it back in its safe storage place.
- Never mix cleaning products--doing so could create a poisonous gas.
- If you want to use more than one cleaner in the same area, use one product, rinse it completely away, then use the next product.
- Turn on fans and open windows when using strong chemicals.
- Remember that cleaning products labeled "natural" or "green" can still be poisonous.



Did you know? Our second most common call about adults involves cleaning products (number one is medications). Be sure to slow down and take the time to read label, use appropriate protection equipment and never mix cleaners. And call us if something does go wrong!

Spring Clean Your Medicine Cabinet

While you're cleaning your house this spring, it's the perfect time to clean out your unused medications.

Safely dispose of any prescription medications that are not currently part of your doctor's treatment plan. It's not safe to take those medications for reasons other than those they were prescribed for.

Don't share your prescription medications with friends or family members, even if they have similar symptom. It's never okay to take prescription medication that was not specifically prescribed for you.

Safely dispose of your medications at the National Prescription Drug Take Back Day on **Saturday, April 26th**.

[Click here](#) to find a location near you.

Did you miss take back day?

You don't have to wait until the next take back day to safely dispose of your medications. There are two resources to help you find year-round takeback locations in Kentucky

- [The Kentucky Office for Drug Control Policy](#)
- [The DEA](#)



**Saturday,
April 26**
10 a.m. – 2 p.m.
DEATakeBack.com



Spring Allergies

As spring blooms in Kentucky, so do seasonal allergies for many Kentuckians. If you are treating allergies follow these safety tips:

- Choose medication that treats only the symptoms you have.
- Read the label each time you take a new medication or bring home a new package – formulas sometimes change and you want to make sure you're taking a safe dose
- Check at the active ingredient and watch for duplicates. Many medications include the same active ingredient and taking them together could cause serious complications
- If you take prescription medications – compare the active ingredient in over-the-counter medications to any prescription medications you're taking. Be sure to ask your doctor or pharmacist before taking new over-the-counter medications.
- If your kids have allergies, make sure there's a plan to track when and how much medication they've been given –and that the plan is accessible to all caregivers in the household.



Pesticides

Using pesticides on your lawn or garden this spring?

Most pesticides are highly toxic. Always read the label and follow all safety instructions carefully.

Wear protective clothing – long-sleeve shirt, long pants, socks, shoes, gloves, and safety glasses. Remove and wash all clothing after using the pesticides.

If pesticides are splashed onto the skin or in the eyes, rinse with lukewarm tap water and then call us at 1-800-222-1222.

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

Kentucky Poison Control Center

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For poisoning information and emergencies:

1-800-222-1222