

Summer Poison Safety



Pack Our Phone Number!

Did you know poison accidents are more likely to happen when you're out of routine? But don't worry, the number for poison control works nationwide so if it happens, don't let it ruin your vacation, just give us a call 1-800-222-1222



Outdoor Food Safety

- Always wash hands and use clean utensils
- To keep food cold, keep cooler lids closed as much as possible.
- Pack beverages in their own cooler since you will likely open it more often.
- Don't leave food sitting 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.



Wild Plants and Mushrooms

Foraging in the woods? Camping out? Don't eat it unless you are certain you know that plant! Plants and mushroom look alike can fool even experienced foragers!



Bites and Stings

- Kentucky has three types of poisonous snakes: copperheads, rattlesnakes (timber and pigmy) and cottonmouths keep an eye out if you're hiking, swimming or camping
- Be alert for insects that may bite or sting. After a sting, the site will show redness and swelling. Not sure what to do? You can always call poison control and a medical specialist will talk you through what symptoms to watch for

