



Picnic Safety

Planning a picnic? Here are some tips to keep your outing poison safe.

- Keep food stored at the proper temperature until you're ready to cook and do not let cooked food sit 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.
- To keep food cold, keep cooler lids closed as much as possible. Consider packing a separate "drinks cooler" since coolers with beverages are opened more frequently.
- While you're traveling, keep your cooler inside the car, rather than the hot trunk.
- Alcohol can be a deadly poison for children, due to their small size and the fact that their livers haven't fully developed. Be sure to not leave alcoholic drinks where children can reach them and keep a special watch if attending a party where alcoholic beverages are being served.



Did you know?

Poison control never takes a vacation! You can call us from anywhere in the country at 1-800-222-122 so be sure to program the number in your phone

Camping Safety

Going camping this summer? Whether you're tent camping, towing a camper or sleeping under the stars, here are some tips to keep your trip poison safe.

Carbon monoxide:

- Use gas or propane stoves in well-ventilated areas
- Be sure your camper has a carbon monoxide detector
- Even campfires can produce carbon monoxide so be sure to only light one in a well-ventilated area

Food and Water:

- If you're really roughing it and drinking water from creeks and lakes, be sure to boil or treat it before drinking to avoid harmful bacteria and parasites
- 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.
- The same goes for snacks that don't have to be kept cold – pack them with the drinks or in their own bag.

Watch out for snakes

- Choose a campsite that is least likely to attract snakes – avoid rock piles, heavily wooded areas, or areas next to water sources.
- Keep your campsite clear of places snakes could hide like wood piles, stacks of branches. Even blankets and, shoes or boots could be a tempting hiding spot.
- If you do see a snake the safest thing to do is leave it alone



Summer Travel



It's vacation time! Here are some tips to keep your vacation fun poison safe.

- If you're traveling with children
 - When you arrive at your destination, take look around to make sure there aren't common poisons – such as cleaners or personal hygiene products where your children can access them.
 - Keep medications and personal hygiene items you bring out of the reach of children.
- Avoid bringing along "a few pills" in an unmarked container, such as pill boxes or small plastic bags. Always store medications in their original containers so that you make sure you're taking the correct medication and dosage.
- Bring more medication than you need in case of travel delays.
- Pack medications in your carry-on luggage if you are flying so that you can access them during your flight or in case your luggage is lost.
- Count to see how many pills are in each bottle before you leave. This will help the poison center determine the risk involved in cases of accidental overdose or ingestion.
- If you are traveling through several time zones, talk to your doctor or pharmacist to see how best to time your medications.

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

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