

what's your Poison?

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



Outdoor Carbon Monoxide Risks

Did you know you can be poisoned by carbon monoxide even if you're outside?

If you're boating this summer be sure to use caution. Carbon monoxide can build up inside cabins but it can also build up behind a boat. Assign an adult to watch when anyone is swimming or playing in the water.



Camping is another potential outdoor carbon monoxide risk. Be sure not to sit too close to a campfire. Only use gas or propane stoves in well-ventilated areas.

Carbon Monoxide Symptoms

- Headache
- Confusion
- Fatigue
- Seizures
- Dizziness or loss of consciousness
- Nausea

Pay close attention because it can be easy to confuse carbon monoxide poisoning with seasickness, intoxication, or heat stress. If someone complains of irritated eyes, headache, nausea, weakness or dizziness, immediately move the person to fresh air.

Road Trip Safety



If you're hitting the road this summer be sure to follow these tips for any food you pack to keep your trip poison safe. 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.
- In hot weather, place your cooler in the car instead of the trunk.
- Don't forget that carry-out and fast food can also cause food poisoning. Eat fast food within two hours; in hot weather (above 90°F), the time is reduced to one hour.
- Think about packing foods that don't need to stay cool such as fruits and vegetables (other than cut tomatoes, or cut melons), breads, crackers, dehydrated meat and shelf-stable chicken or tuna.
- Don't forget to wash your hands!

And of course, always make sure to pack the number for poison help, or just program it in your phone 1-800-222-1122. It's a nationwide number so we'll be there to help wherever the road takes you.

Bites and Stings

Be alert to insects that may bite or sting. After a sting, the site will show redness and swelling. Some people are allergic to insect stings. These people may experience serious problems and even death. If there are hives, dizziness, trouble breathing or swelling around the eyes and mouth go to a hospital right away .

Not sure what to do? You can always call poison control and a medical specialist will talk you through what symptoms to watch for.

Kentucky has three types of venomous snakes: copperheads, rattlesnakes (timber and pigmy) and cottonmouth/water moccasin. Call poison control right away if you think someone has been bitten by a venomous snake. Our specialists will help you determine what steps you need to take.

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