

what's your Poison?

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



Halloween Costume Safety

When choosing makeup to use for Halloween costumes, look for makeup that is non-toxic. Test for allergies before applying any makeup or paint in large amounts. Wash skin right away if a rash or other changes in the skin develop. Store makeup up and out of reach from children.

If your child swallows any makeup or face paint, call us and we can help you figure out what to do.



Glowsticks

Glow sticks and glow jewelry are very popular on Halloween, but children can bite or break them, releasing the chemicals inside.

Supervise young children while using glow sticks and make sure to dispose of them someplace kids can't find them.

The chemical inside glow sticks can irritate the eyes, skin and mouth, causing stinging and burning that can be frightening to kids and parents. If this happens, call us and we can give you instructions for rinsing the skin, mouth or eyes to make sure the chemical is fully washed away.

Carbon Monoxide



Carbon monoxide is a poisonous gas that you cannot see, taste or smell. Signs and symptoms of carbon monoxide poisoning may include: headaches, sore muscles, confusion, irritability, sleepiness, nausea, vomiting, irregular heartbeat, impaired vision/coordination, fatigue, shortness of breath and even death.

The most common causes of carbon monoxide in the home are malfunctioning furnaces, fireplaces, or wood stoves. Carbon monoxide can also be caused by malfunctioning gas water heaters or dryers.

Another common source of household carbon monoxide poisoning is from portable generators. Never use a generator inside your home or garage, even if doors and windows are open and only use generators outside, more than 20 feet away from your home, doors, and windows.

To prevent carbon monoxide poisoning, make sure you have a carbon monoxide detector on every floor of your house, especially near sleeping rooms.



National Prescription Drug Take Back Day is Saturday, October 25th. This is a great opportunity to safely dispose of your unused medications. To find a location near you visit www.dea.gov/takebackday#collection-locator

- An important poison prevention step is the safely disposal of expired or unused medications.
- Keeping "leftover" medications can pose a danger for children, pets and people who might be looking for medications to abuse or misuse.

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