



September – a safety month

September is a big month for national awareness months. Below you'll find articles about Baby Safety Month, National Suicide Prevention Awareness Month and Food Safety Month.

But September is also National Preparedness Month and our advice for preparing for a poison emergency is simple – make sure you have our number handy. Program it in your phone, post it in your home, and call us anytime you think you might have a poison emergency.

Suicide Prevention Month

One of the most effective ways to prevent suicide is to reduce access to lethal items. Medications can do a lot of good, but they can cause serious harm when used in the wrong way, wrong amount, or by the wrong person.

Keep all medications, both prescription and over the counter, locked up and away. Know exactly what medications you have and how much of each.

There are almost always warning signs before a suicide attempt. Knowing the warning signs for suicide and how to get help can save lives.

Keep the number for the Suicide & Crisis Lifeline handy, program it in your phone or post it in your home so you have this important resource available if you need it, there's now a 3-digit number: 988.

Baby Safety Month



September is Baby Safety Month and if you have an infant or toddler in your life this is a great time to think about poison safety in your home.

Babies and toddlers often put household items in their mouths as they explore and it can happen in an instant. More than half of our calls are about children under six. While our experts are here to help you help your little one 24 hours a day, there are also some things you can do to help keep your home a bit more poison safe:

- Control access to unsafe areas of the home with gates, locks or latches
- Store cleaning and laundry products up high and out of reach, or keep them in a locked cabinet – look at bathrooms, laundry room, and kitchen
- Store medications out of sight and out of reach, or keep them in a locked cabinet
- Know the names of all plants in your home, and have them up high
- Always keep cleaners, cosmetics and medications in their original containers
- And finally, program our number in your cell phone and post it in your home so you always have it when you need it

Food Safety Month

Did you know that 1 in 6 Americans experience foodborne illness every year?

Know the symptoms

Symptoms of foodborne illness can include: vomiting, diarrhea, and abdominal pain – and flu-like symptoms, such as fever, headache, and body ache.

Handle Foods Safely

Clean – Wash hands and surfaces often, consider using paper towels or wash your cloth towels often in hot water, rinse fruits and vegetables under running water, including those with skins you don't eat. Remember to clean lids of cans before opening.

Separate – Separate raw meats from other foods, use separate cutting boards for fresh produce and raw meat, poultry and seafood, never place cooked food on a plate that held raw meat.

Cook – Use a food thermometer to ensure meat, poultry, seafood and eggs are cooked to the safe temperature, cook eggs until the yolk and white are firm, bring sauces, soups and gravy to a boil when reheating.

Chill – Refrigerate or freeze meat, poultry, eggs, seafood and other perishables within two hours of cooking or purchasing, never thaw food at room temperature, defrost food in the fridge, in cold water or in the microwave.

Kentucky Poison Control Center
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For poisoning information and
emergencies:
1-800-222-1222