

# what's your Poison?

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



## Thanksgiving Food Safety

Keep your Thanksgiving turkey safe with these steps:

### Thaw it safely

- In the fridge - The safest thawing option is in your refrigerator, but keep in mind this will take several days. Estimate 24 hours per 4 to 5 pounds of turkey.
- In cold water - If you're tight on time, you can submerge your turkey in cold water, changing out the water every 30 minutes. This method will still take up to 12 hours.
- In the microwave - If your turkey is small enough to fit in the microwave, this is a safe option



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### Don't wash it

It might seem like a good idea, but when you rinse your turkey, bacteria in the raw meat and poultry juices can be spread to other foods, utensils, and surfaces

### Use a thermometer

When it comes to turkey doneness, there's no room for guesswork. Ensure a safely cooked turkey by checking to make sure all parts of it have reached an internal temperature of 165 degrees Fahrenheit.

### Store it safely

After the Thanksgiving feast has dwindled down, be sure to store the leftovers in the fridge within two hours. Turkey and stuffing should either be consumed or frozen within 3-4 days.

# 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.

# Holiday Travel



Traveling during the holiday season can bring exciting adventures, but being out of your normal routine can also create new poison hazards.

**Out of sight, out of reach**  
Keep medications and personal products up and out of reach of children – if you're visiting family, especially a household with no children, ask your hosts to help by storing these items up and away.

**Embrace Originality**  
Pack medications in their original container. Not only does this reduce the risk of accidentally taking the wrong pill, but it's also essential if you're passing through airport security or border crossings.

**Fly with Confidence**  
If your holiday travels involve taking to the skies, remember to pack your medications in your carry-on luggage. This ensures you'll have them even if your checked luggage decides to take an unexpected detour.

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