

what's your Poison?

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



Carbon Monoxide



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

The most common causes of carbon monoxide in the home are malfunctioning furnaces, fireplaces or wood stoves. But it can also be caused by 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. Only use generators outside, more than 20 feet away from your home.

To prevent carbon monoxide poisoning, install a carbon monoxide detector on every floor of your house, especially near sleeping rooms.

Snow and Ice Melt



Winter weather means we're often dealing with seasonal chemicals that can help us conquer the elements. But these can be dangerous if used in the wrong way so it's important to use and store them safely.

- Antifreeze and de-icers Antifreeze is a poisonous liquid used in cars. It has a sweet taste that children and animals like. If even a little is swallowed, it can be harmful.
- Keep antifreeze and all strong chemicals in their original containers and store them up and out of reach of children.
- Salt If eaten, salt used on driveways and sidewalks in winter can harm a pet or child.
- Store salt and other ice melts as you would any other poison. Keep it in a sealed, marked container and store it up and out of reach of children.



Looking for a New Year's resolution that's easy to keep but can help keep your whole family safe? Take a few minutes to program the number for poison control into your phone. This way you'll have it if you need it. We're always just a call away anytime you have questions or if you're having a poison emergency.

And if you want to do even more to keep your family safe, check out our home safety checklist:

<https://kypoisoncontrol.com/resources/home-safety-checklist/>

Medication Safety



Cold and flu season is in full force this time of year, which means often there is someone in your household taking medication. Follow these simple tips to keep your family safe:

- Keep medications (as well as vitamins and supplements) in the containers they came in.
- Store medications up and out of reach of children.
- Tell your doctor about all medications you are taking. Be sure to mention prescription and over-the-counter medications.
- If you're planning to take a new-to-you over the counter medication, ask the pharmacist if you can take it with your current medications.
- Read the label
- Never take other people's prescription medications (or share your prescription medication with friends or family).
- Never call medication "candy" when giving it to children.
- Track your doses - when you're taking or giving medication that is out of the ordinary - like cold medications or antibiotics - use a notes app or notebook to jot down what medication, when and how much

Winter Storm Food Safety

If the Power Goes Out

- Keep the refrigerator and freezer doors closed and open them only when necessary.
- If power is restored within four hours, items in the refrigerator should be safe to eat. A full freezer should stay at freezing temperatures for up to two days if the door remains constantly closed. A half-full freezer should stay at freezing temperatures for up to one day if the door remains closed.

Once Power is Restored:

- Check the temperature inside your refrigerator and freezer. If it has risen to 45°F or higher, discard any meat, poultry, fish, dairy and egg products, soft cheese, cooked beans, cooked rice, cooked potatoes, cooked pasta, potato salad, pudding or any other potentially spoiled foods.
- Allow time for the refrigerator to reach below 40°F before restocking.
- When in doubt, throw it out



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