

# what's your Poison?

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



## Big Game Day Food Safety

Hosting a party for the Big Game on Sunday? Here are a few tips to keep the party poison safe:

- Keep it clean Wash your hands before you start cooking/serving and be sure to provide guests a place to wash their hands or hand sanitizer.
- Wash your cutting boards, dishes, utensils, and countertops with hot, soapy water after preparing each food item.
- Wash or scrub fruits and vegetables under running water—even if you do not plan to eat the peel—so dirt and germs on the surface do not get inside when you cut.



Keep hot food hot and cold food cold - whether it's food you cook, takeout, or food your guests bring, keeping food at a safe temperature helps prevent food poisoning

- Use chafing dishes, slow cookers, and warming trays to keep food hot.
- For cold foods, serve dishes over bowls or trays of ice.
- Keep it safe after the party Refrigerate leftovers within two hours
- It's safe to store cooked leftovers for 3 to 4 days at most. Freeze leftovers if you don't plan to eat them soon.
- Reheat food to at least 165°F before serving. This includes leftovers warmed up in the microwave.

# 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 even 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.

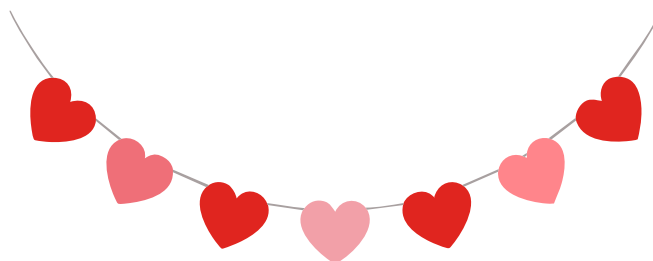
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## Babysitter Safety

Hiring a babysitter for a Valentine's Date Night? Anytime your kids are staying with a babysitter, even if it's a weekend with the grandparents, make sure they have the number for poison control handy.

It's important to encourage your sitter to call poison control right away if something happens while you're out. It's most helpful if we can talk to the person who is with the child.

It's also helpful to be sure the babysitter has some basic information like the ages, heights/weights and any allergies or medications the children take regularly.



## Is Your Laundry Room Poison Safe?



It's easy to overlook potential hazards within our homes. This month, we want to draw your attention to the laundry room. Ensuring a safe environment extends beyond just clean clothes; it involves being mindful of the chemicals we use and how we store them, especially when children are around.

Don't have a laundry room? These tips can also help you store the laundry supplies safely no matter where you do your laundry.

### Storage Matters: Up and Out of Reach

One of the most crucial aspects of poison safety is proper storage. Household cleaners, detergents, and other laundry-related products often contain chemicals that can be harmful if swallowed or touched. Be sure to store them up and out-of-reach of children.

Consider installing cabinets or shelves high enough so that little hands can't easily access them. If that's not possible, use child-resistant locks on lower cabinets where cleaning products are stored. Remember, prevention is key.

### Read and Heed: Labels Are Your Guide

Every product we use in the laundry room comes with instructions and warnings for a reason. Take a moment to read and understand the labels on cleaning products. Manufacturers provide crucial information on proper usage, potential hazards, and first aid measures.

If a product advises the use of gloves, make sure to wear them. Avoid mixing chemicals unless the labels recommend it.

## 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  
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1-800-222-1222