

# PoisonSmarts



Rocky Mountain Poison Center's quarterly prevention tips  
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As summer ends and fall begins, different poison hazards emerge. The Rocky Mountain Poison and Drug Center highlights some of the seasons' hazards and reminds you to call 1-800-222-1222 anytime night or day for free and confidential PoisonHelp.

**Mushrooms, Berries and Peppers:** Many mushrooms and berries are appearing in our yards and parks. Their bright colors and interesting shapes attract children.

**First Aid:** Sweep any residue from the mouth and give a small amount of water to drink. Wash any plant juices from around the mouth and off the hands. If exposed to peppers, wash the skin with a mild soap and the warmest water that you can stand without burning yourself and call the Rocky Mountain Poison Center at 1-800-222-1222 for further advice.

**Prevention:** Know the names of all the plants in your yard. Teach your children to never eat anything before asking you or another responsible adult.

**Carbon Monoxide (CO):** As the heating season begins, so does the risk for CO poisoning. Common symptoms are headache, dizziness, drowsiness, confusion, tiredness and nausea.

**First Aid:** Exposed persons need to be removed from the affected area to fresh air and the area needs to be ventilated. If you cannot wake the victim, call 911 immediately. Do not return to the affected area until the source of the CO has been found and fixed. Call the Rocky Mountain Poison Center at 1-800-222-1222 for further advice.

**Prevention:** Have all fuel burning furnaces and appliances checked by a professional. Make sure all are properly vented and flues are clean. Check that smoke alarms and CO detectors are working properly.

**Black Widow Spiders:** Spiders move indoors seeking warmth. Of all the spiders, the black widow is the biggest threat in our area. She is black and shiny with a red hourglass marking on her underside. The red marking can range from red to orange and be an incomplete marking. If serious symptoms are going to occur, you will know within two hours from the time of the bite.

**First Aid:** Wash the bite with soap and water. A cold compress can be used for local pain. Call the Rocky Mountain Poison Center at 1-800-222-1222 right away for more information and personalized care.

**Prevention:** Sweep webs from window wells, garages and basements frequently. Wear gloves when handling firewood. Before wearing, check shoes and shake clothing or bedding if they've been piled on the floor.

For additional poison prevention tips go to [www.rmpdc.org](http://www.rmpdc.org) ; Click on Poison Prevention Tips. To obtain PoisonHelp guides, magnets or stickers, call 1-800-222-1222; choose option 4. Questions? Contact Mary Hilko at 303-739-1247 or [mary.hilko@rmpdc.org](mailto:mary.hilko@rmpdc.org).

