

# Holiday Poison Prevention Safety Tips

## Holiday Plants

- **Poinsettias** are not very poisonous in spite of common belief. Huge amounts would have to be eaten before stomach upset occurs. The sap can cause skin irritation in sensitive people.
- **Holly** - Eating several berries can cause nausea, vomiting and a feeling of extreme tiredness.
- **Mistletoe** can cause mild stomach and bowel upset, at most, if a few berries are eaten. Eating large amounts can cause more serious stomach upset and tiredness.
- **Amaryllis** - Eating parts of this plant may cause nausea, vomiting, stomach pain and diarrhea.
- **Christmas trees** – Most are varieties of pine or spruce and are not poisonous. Sharp needles can cause skin irritation and bleeding.

## Holiday Decorations

- **Ornaments** are usually made of plastic, metal, wood or glass and children can choke or receive cuts from these. Lead poisoning is a concern with repeated exposure to antique or foreign made ornaments or toys with lead based paint.
- **Snow globes** are made of plastic and calcium carbonate. If a leak occurs and fluid is drunk, there is a chance for food poisoning if the water is not sterile. Some may contain ethylene glycol; parents and pet owners need to be wary.
- **Angel hair** is finely spun glass and can be irritating to the skin and eyes. Wear gloves while decorating.

## Holiday Guests

- Visitors may carry their medicine and cosmetics in purses and suitcases. Offer guests a locked cabinet for their medicine.
- When traveling with kids, check your surroundings and remove poisonous items such as vitamins, medicines, cosmetics and cleaning products from their reach.
- During the holidays, poison centers receive more calls about youngsters getting into alcohol due to greater access to leftover cocktails. Always empty glasses and place them out of reach of curious kids.
- Eating cigarettes and cigars can result in vomiting, sweating and seizures. Keep all ashtrays out of reach of children and empty their contents into a safe container at the end of the party.
- If you suspect a poisoning, call the **Rocky Mountain Poison Center** anytime day or night at **1-800-222-1222**.

**“Be Smart, Keep Kids and Poisons Apart”**

