

Poison Injuries Never Take a Vacation!



Kids are out of school. Families are on the move carrying picnic lunches. Guests are coming and going. Insects and snakes are active. It's no surprise that calls to poison centers increase this time of year.

Prevent poison injury and stay healthy this summer by doing the following:

- ✓ Ask summer guests to keep their medicine locked up.
- ✓ Keep charcoal lighter fluid and Tiki torch oil out of reach of children.
- ✓ Wash hands with warm soapy water before and after handling food. Wash all knives, cutting boards, utensils and plates used for uncooked food. Grilled food goes on a clean, dry plate.
- ✓ Keep hot foods hot and cold foods cold. Any food left out longer than two hours can be unsafe. If in doubt, throw it out!
- ✓ Avoid brightly colored, floral fabrics, scented soaps, lotions and fragrance, which attract insects. Wear lightweight, light-colored long sleeves and pants.
- ✓ Use less than 30% DEET on kids and never in infants less than 2 months of age. Wash skin with soap and water after going indoors. Wash treated clothing. Stay indoors at dawn & dusk, when mosquitoes are most active.
- ✓ **NO SUN, NO SUNSCREEN IN INFANTS LESS THAN 6 MONTHS OLD!**
- ✓ Drink plenty of water rather than soda. Add sliced cucumber, lemon, lime, fresh whole berries or mint leaves for variety.
- ✓ Never barbeque in enclosed spaces like tents, campers or enclosed porches.
- ✓ Call **Rocky Mountain Poison Center** anytime night or day at **1-800-222-1222**.

This publication was supported by Grant No. 1 H4BHS15506-01-00 from the Health Resources and Services Administration's Division of Healthcare Preparedness, Poison Control Program (PCP), U.S. Department of Health and Human Services. The contents of this publication are solely the responsibility of the author and do not necessarily represent the views of HRSA/PCP.

Save \$\$\$\$\$ and mix your own less toxic cleaning solutions!

ALL-PURPOSE CLEANER

2 cups white distilled vinegar

2 cups water

20-30 drops essential oil (optional)

Warming in microwave until barely hot will boost cleaning power for tough jobs.

Only microwave in a glass container

GENTLE WINDOW CLEANER

3 teaspoons liquid soap

$\frac{3}{4}$ cup white vinegar

$\frac{1}{2}$ teaspoon baking soda

Combine all ingredients in a spray bottle. Shake well before using.

DRAIN OPENER

1 cup salt

1 cup baking soda

$\frac{1}{2}$ cup vinegar

Pour the 3 ingredients down the drain. Let sit 15 minutes and flush with 2 quarts boiling water.

LIQUID DISH SOAP

22 oz. liquid castile soap

30 drops essential oil of your choice

Combine the 2 ingredients. Citrus oils are super degreasers.

LAUNDRY DETERGENT

$\frac{1}{2}$ cup baking soda

$\frac{1}{2}$ cup powdered castile soap

$\frac{1}{4}$ cup washing soda

$\frac{1}{4}$ cup borax

Mix ingredients well. Use $\frac{1}{2}$ cup per load.

FABRIC SOFTENER

Add $\frac{1}{2}$ cup white distilled vinegar to rinse cycle of your washer.

Use wool dryer balls in your dryer to fluff up clothes and absorb static.

SOFT SCRUB (stoves, bathtubs, tile, and other tough jobs)

2 cups baking soda

$\frac{1}{2}$ cup liquid castile soap

4 teaspoons glycerin (preservative)

5 – 10 drops lavender or tea tree essential oil

Mix together and store in a sealed glass jar; shelf life of 2 years. For exceptionally tough jobs, spray with vinegar first. Let sit and follow with scrub.