

Have a Poison Safe Summer – Common Summer Poisons



- Food:** Always wash hands, utensils and countertops before preparing food.
Store food at the right temperature. Do not let food sit out more than 2 hours.
Use a thermometer when cooking and reheating foods.
Wash hands, cutting boards, dishes & utensils after handling raw meat, poultry & fish.
- Plants:** Learn to know poison ivy & poison oak.
Do not pick your own foods in the wild unless you are 100% sure what it is.
- Mushrooms:** Only experts can tell poisonous mushrooms from safe ones.
- Insects:** Stinging insects; don't wear bright clothes and fragrance that attracts them.
- Snakes:** Don't blindly stick your hands or feet into tall grass or woodpiles.
- Carbon monoxide:** Use camp stoves, grills, and generators outside, **never** inside buildings or tents.
- Pesticides:** Read & follow label directions.
Wear washable clothing & shoes; change, shower and wash clothing after use.
Pesticide questions? Call 1-800-858-PEST
- Insect repellent:** Use a low percent of DEET on kids, **never** 30% or on kids less than 2 months.
Wash off with soap & water as soon as possible. Avoid sunscreen/repellent combos.
Never spray on face. Apply to your hands & then rub on kids face, not eyes or lips.
- Hydrocarbons:** Lighter fluid, gasoline, torch & lamp oils can be **deadly** if swallowed. Watch children closely at all times when these are being used.

Call: Rocky Mountain Poison Center at 1-800-222-1222 anytime for help or answers.

Rocky Mountain Poison Center at 1-800-222-1222 option 4 for magnets or phone stickers.

911 if a person is having trouble breathing, won't wake up or is having a seizure.



For more details about the above poisons, visit www.rmpdc.org; Click on Poison Prevention Tips to download poison prevention information. Share these with family, friends and community organizations.

Call **1-800-222-1222** 24 hours a day, 7 days a week from anywhere in the U.S. to reach your nearest poison center.

This publication was supported by Grant No. H4BHS15506 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.

Keep Your Kids "Sun Safe"



Sun Protection for Infants and Children

Under 6 months	NO SUN, NO SUNSCREEN!
Under 1 year	Keep out of direct sunlight!
Under 2 years	Use PABA-free sunscreen with SPF of at least 30.
All children	Avoid long sun exposure. Always wear a hat. Reapply sunscreen after long swimming or exercise.

Sunburn Treatment

Cool the skin with cool compress or bath, NOT cold water.

Take over-the-counter pain medication as directed. Drink extra fluids.

Use lotion that has no perfume or alcohol.

DO NOT USE: butter, petroleum jelly or ointment, harsh soap or home remedies (like toothpaste).

SEEK MEDICAL ATTENTION FOR: Severe pain, fever over 101 degrees F, sunburned infants under 1 year of age, or if you feel uncomfortable.

More Sun Safety

Use Sunscreen with UV-A and UV-B protection.

Wear sunglasses that block UV rays.

Wear protective clothing.

Shade alone is not enough!

Thanks to: www.ameriburn.org

Another service brought to you by the Rocky Mountain Poison & Drug Center



1-877-800-5554

www.rmrpehsu.org