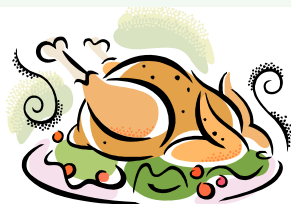


HOLIDAY POISONING HAZARDS



Utah Poison Control Center – Winter 2004

As the holiday season approaches, the Utah Poison Control Center would like to inform you about certain holiday hazards. The holidays are full of celebrations, decorations, visitors, and food, all of which may create potential hazards to children and adults. We believe that awareness is the key to prevention!

TOXIC DECORATIONS

- ◆ Mistletoe and holly berries may be poisonous if swallowed.
- ◆ Lamp oils are colorful and attractive to children, but they are extremely toxic.
- ◆ Tinsel/icicles are non-toxic, but may cause airway or bowel obstruction. Old tinsel may contain lead.
- ◆ Glass ornaments are easily broken and can be swallowed and may cause lacerations.
- ◆ Fireplace color crystals are metallic chemicals that can cause burns.
- ◆ Poinsettia has a bad reputation, but it is NOT highly poisonous. It may cause varying degrees of irritation to the mouth and stomach.
- ◆ Bubble lights are filled with alcohol or other solvent. They can cause eye or skin irritation or nausea. Beware of broken glass if a child bites into a bulb.

FOOD AND DRINK SAFETY

- ◆ Thaw turkey in the refrigerator.
- ◆ Prevent cross-contamination by washing work areas and utensils after each use.

- ◆ Cook poultry to 180 degrees F.
- ◆ Don't leave meat or poultry at room temperature for longer than two hours.
- ◆ Keep alcoholic beverages out of the reach of children. Clean up all glasses and cups after parties. Even a small amount of alcohol can cause serious problems.

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COUGH AND COLD SEASON

- ◆ There is no such thing as childproof, only child-resistant. Keep all medicines locked up.
- ◆ When visiting grandparents, remember that they may not use child-resistant caps.
- ◆ Read labels carefully. Many cough and cold preparations include ibuprofen and acetaminophen. Double dosing can occur with similar ingredients.

MISCELLANEOUS

- ◆ Pay special attention to toys with button batteries. These are easily swallowed or inhaled. If it leaks, it can cause severe burns.
- ◆ Garage items such as antifreeze, windshield washer fluid, and ice melts can cause serious problems. Keep them out of reach of children.

Don't forget that these hazards apply to pets also.

Call 1-800-222-1222 if you have questions about a poison exposure.