



Utah Poison Control Center
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Inside this Issue

Food Poisoning
Inhalant Abuse

Food Poisoning

The last thing you want during the holidays is an uninvited guest: food poisoning. Food poisoning is caused by something in the food that can make people sick, most commonly bacteria or their toxins. Foods can go bad easily if they are not handled, cooked, or stored properly. All foods have the potential for carrying harmful bacteria.

Typically, if someone eats food that has bacteria in it, they may get nausea, vomiting, and diarrhea. Food poisoning can be especially dangerous for babies, children, the elderly, and chronically ill.



Food safety experts agree that foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria. To prevent food poisoning, follow these safety tips:

- Wash your hands before and after handling raw foods
- Cook meats thoroughly and use a thermometer; roasts to 145°F, ground meat to 155°F, poultry to 175°F
- Cook fish until it flakes with a fork
- Cook eggs until they are firm
- When reheating sauces, soups, and gravies, bring to a boil.
- Do not use the same utensils on meats and vegetables without cleaning in between
- Do not leave food on the counter longer than 2 hours.

USU Extension Services

Remember to keep foods out of the “Danger Zone”.
This is the area between 40°F and 140°F.
When in doubt, throw it out.

For poison exposures call
1-800-222-1222

Inhalant Abuse

Every year, untold numbers of kids die from inhalant abuse, but many parents and educators remain unaware of the “huffing” and “sniffing” going on right under their noses. Young people who might never try marijuana or other illegal drugs do try inhalants because they are legal products, easy to get, inexpensive, and perceived as safe.

Inhalants are the fourth most abused substance behind alcohol, tobacco, and marijuana among Utah teens.

Possible risks from inhalants include loss of consciousness and irreversible damage to the brain, liver, kidneys, and bone marrow; death can occur even the first time inhalants are used. Chronic users can suffer severe and permanent brain damage. The misuse of household products by inhaling is the same as taking poison.

Signs of inhalant abuse:

- Red or runny eyes or nose
- Spots or sores around the mouth
- Chemical breath odor
- Drunk, dazed, or dizzy appearance
- Anxiety, excitability, irritability
- Paints or stains on body or clothing

What should kids know?

Inhalants are a poison! Teach your children about how their bodies work. Focus on the lungs and the need for oxygen. Use words like poisons, chemicals, toxins, fumes instead of inhalants or drugs. Education must start at a young age because inhalant use often starts in elementary school. Discuss and discourage introducing poisons into the body.

National Inhalant Prevention Coalition

