

Poison Antidote



Raw Dough: The Lesser Known Problem

Before you grab a spoon and dig into a bowl of raw cookie dough, you should be aware of the dangers of bacterial contamination. While you may have heard about the risk for *Salmonella* from raw eggs, raw flour may also pose a risk if contaminated with *E. coli*. Hand-to-mouth activity can also spread bacteria, either from eating the dough or having contact with the dough and then putting your hands in your mouth. If flour is contaminated, it may be recalled, so it is important to watch for recall alerts.

Symptoms of bacterial food poisoning include diarrhea and abdominal cramps. Bacterial food poisoning can occur at any age but poses the greatest risk to children under 5 years of age, older adults, and those with a weakened immune system.

To help avoid bacterial food poisoning, follow these safety tips:

- Do not eat raw dough, cake mix, or batter.
- Follow directions for cooking.
- Wash hands, surfaces, and utensils after contact with eggs or flour.
- Keep raw foods separate from other foods while preparing them.
- If you have any recalled flour products in your home, throw them away. Go to <https://www.fda.gov/Safety/Recalls/default.htm> for a list of recalled flour products.
- If you have any questions or concerns, call the poison center at 1-800-222-1222.

Resources: FDA, CDC



Pill Minders Pose a Problem for Children

Medication organizers, also known as pill minders, are often recommended by health care providers to help people remember to take their medication and reduce medication mistakes. Unfortunately, many pill minders do not lock and can be easily accessed by small children, creating a potential poison hazard. The Utah Poison Control Center recommends the following tips to help prevent accidental poisoning in a child:

- Use a pill minder that can be locked.
- Keep pill minders up and out of reach of small children.
- Never call medicine candy; children may see medicine in a pill minder and mistake it for candy.
- Be prepared for accidental medication exposure by saving the poison center number in your phone's contacts: 1-800-222-1222. Free, expert, and confidential help is available 24/7/365.

National Poison Prevention Week: March 18-24, 2018

Poisonings are preventable, yet poisoning is still the number one cause of unintentional injury death in the United States. To raise awareness about the poison problem and prevent unintentional exposure, the National Poison Prevention Week is held the 3rd week of March each year. Join us in observing this important week by visiting www.utahpoisoncontrol.org to download lesson plans, order free prevention materials, sign up to receive newsletters, and learn more. Follow the Utah Poison Control Center on Facebook, Twitter, and Pinterest for regular poison prevention tips!

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