

# Poison Facts:

## Seasonal Poisoning Hazards: Spring

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### **Household items: cleaning agents, pesticides, gardening supplies, plants**

- Common household cleaning products are the number one cause of accidental poisoning in children. Prevention is the key to avoiding exposure to these products. Keep all cleaning products out of the reach of children.
- Many chemicals used to control insects, rodents and weeds are toxic to humans and pets. Avoid using products that leave powder or pellets in areas where children or pets may have access to them.
- Children and pets should be kept out of the area when insecticides and other garden chemicals are being sprayed. Read and follow the instructions on the label carefully.
- Always store products in their original containers.

### **Food poisoning**

- Spring weather brings picnics and barbecues, which require proper food storage and handling. When bacteria contaminates food, food poisoning can occur.
- Food poisoning symptoms are usually limited to vomiting and/or diarrhea and generally occur within one to 12 hours of ingestion.
- Fluids are recommended to prevent dehydration.
- Mild cases may be managed at home, but more severe cases often require medical attention.

### **Food storage**

- Place frozen foods in the freezer and refrigerated foods in the refrigerator as soon after shopping as possible. The refrigerator should be set at 40°F, the freezer at 0°F. If you don't have a thermometer, keep your refrigerator as cold as possible without freezing your milk or lettuce.
- Thaw foods in the refrigerator, not on the counter.
- Don't buy canned goods that are bulging, dented or rusted.
- Refrigerate food within two hours of cooking. Food should not sit at room temperature longer than that.
- When picnicking, keep hot foods hot and cold foods cold.
- If using an ice chest, make sure you have plenty of ice. Keep it in the shade if possible.

**Food preparation**

- Wash hands in hot, soapy water before, and frequently during, food preparation.
- Wash all fruits and vegetables before eating.
- Wash cutting boards and utensils in hot, soapy water or a 10 percent bleach solution after use.

**Cooking**

- Thoroughly cook all meats, poultry and seafood.
- Don't eat raw or partially cooked eggs or shellfish.
- Cook foods as close to serving time as possible.

**Easter egg dyes**

- Some Easter egg dyes are made with potentially poisonous ingredients. When buying materials for dyeing eggs, choose those labeled NON-TOXIC.
- Children often mistake the colored tablets for candy. Always supervise children when dyeing eggs.

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**For more poison prevention and first aid information, call the**

Poison Control Center

Serving the Residents of Kansas

Toll-free Hotline

1-800-222-1222

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