



Poison Prevention Press

November/December 2022

Volume 15, Issue 6

Holiday Safety

1. Prevent food poisoning by:
 - Cleaning your hands, utensils, and surfaces with hot soapy water
 - Cooking meat to its safe minimum internal temperature
 - Putting leftovers in the fridge within two hours of cooking
2. Keep alcoholic beverages out of a child's reach.
3. Give visitors a safe place to store medicines and other potential poisons.
4. Supervise children around new toys. Magnets and button batteries are dangerous if swallowed.
5. Program 1-800-222-1222 into your mobile phones.

Did you know that...

- There are poison specialists available 24/7, even on major holidays such as Thanksgiving and Christmas?
- You can call the Butterball Turkey Talk-Line at 1-800-BUTTERBALL in November and December for turkey questions?

Follow the MPC on [Facebook](#), [Twitter](#), and [Instagram](#)

Poison Safety Tips While Traveling

Poisonings don't take a vacation. They happen 365 days a year. If you're traveling to visit family, friends, or going on a trip, poisonings can still happen, and in fact they might even be more likely.

Anywhere, Anytime

Anywhere in the United States and US Territories, you can reach a certified poison center by calling 1-800-222-1222. There are 55 poison centers across the country that have poison experts available 24/7/365. Yes, even on holidays! Program our number in your phone: 1-800-222-1222

Increased Risk

When traveling, you are at an increased risk of a poisoning. Daily routines are interrupted and you're in different environments. When you are visiting places that aren't your usual environment, medicines, cleaners, and other potential poisons may not be stored in the way you and your family are used to. Items you store up, away, and out of sight may be stored in plain sight and be easily accessible.

Although trips are times to relax, ensure children are always supervised. Poisonings happen quickly, so it's important to have at least one adult supervising children. Children may be more interested in exploring a space they aren't used to.

Safe Storage

It's important to continue safe storage practices when traveling. Medicines, personal care products, and cleaning products should be stored up, away, and out of sight. If you are traveling, ensure you store medicines and other potential poisons in a cabinet, or ensure your suitcase is securely closed. If you are hosting, offer your guests a safe place to store their items that is up, away, and out of sight.

If you are visiting somewhere, it is good practice to scope out the location and move potential poisons to a safe storage place before allowing children and pets to roam the area.

Medicines

It is best to pack medicines in their original, labeled packages. Never pack loose pills in a plastic baggie. Children associate plastic baggies with treats and may ingest what is in the baggie. Adults may forget what medicines they put in the baggie and take the wrong dose or wrong medicine. The original labeled packages include dosing and other important information that should be read when taking medicines.

Food Safety

If your travels are only for the day and you are taking food, it is important to remember safe food storage practices. Be sure to keep cold foods cold and hot foods hot. Food should not be left at room temperature for more than two hours!

From all of us at the Maryland Poison Center, we wish you a safe and healthy holiday season. But as always, our poison experts are available 24/7/365 at 1-800-222-1222.