What you need to know about Summer Poison Safety

As the weather warms, the Maryland Poison Center (MPC) offers the following safety information:

**Food Poisoning:**
- Wash hands and counters before preparing food and after handling raw meat, poultry and seafood.
- Do not leave food at room temperature for more than 2 hours.
- Watch for signs of food poisoning: fever, headache, diarrhea, stomach pains, nausea, and vomiting.

**Plants and Mushrooms:**
- Know the names of flowers and plants growing in and around your yard. Refer to the MPC Poisonous Plant list for more info. bit.ly/MPCPlantList
- Teach children to never put berries or any part of a plant into their mouths.
- Never eat wild mushrooms. Only experts can tell poisonous mushrooms from safe mushrooms.

**Bites and Stings:**
- If bitten by a snake, insect or spider wash thoroughly and call the MPC right away.
- More information is available on our Bites and Stings info sheet bit.ly/2ocn1k8

**Sunscreen and Insect Repellant:**
- Apply cautiously around eyes and mouth.
- Use separate products because sunscreens need to be applied more frequently than insect repellants.

**Tiki Torch Fuel and Lamp Oil:**
- Keep these liquids in their original container and away from children so they are not mistaken for juice.