

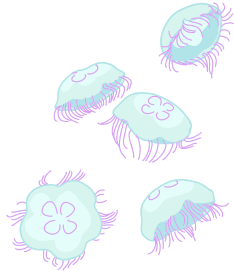
Summer Poison Prevention Tidbits from the Virginia Poison Center at VCU Health™

Bites and Stings

Jellyfish

Signs/Symptoms:

- Red, slightly raised skin
- Itching
- A burning sensation



First Aid:

- Rinse the area with SALT water (not freshwater – can cause stingers to release venom)
- Remove any remaining tentacles by applying shaving cream or a paste of baking soda and water, then scrape with a blunt edge (credit card) – **DO NOT** touch with bare hands, they can still sting
- Treat pain with an over-the-counter pain reliever
- Itching may be relieved with the proper dosage of diphenhydramine (Benadryl)

Yellow Jacket Stings

Signs/Symptoms:

- Itching
- Swelling
- Redness at the sting site



First Aid:

- Wash the sting with soap and water
- Remove the stinger if left behind using a blunt edge (credit card) to push it out
- Use a cold pack on the affected area to reduce the pain
- Keep the stung area elevated
- Apply hydrocortisone cream on the affected area if itchy
- DO NOT** break or pinch blisters that develop after the sting!

Seek medical attention if someone has been stung more than 25 times, or when a child, elderly person, or someone with pre-existing health conditions receives multiple stings.

The person could be having an **allergic reaction** if they have trouble breathing, start wheezing, or develop hives or welts on other parts of their body. If this happens, **call 911 immediately!**

Snakes

Virginia is home to more than 30 species of snakes, 3 of which are venomous (copperhead, canebrake rattlesnake, and cottonmouth). When you are outdoors, stay alert in areas with tall grass, forest, or rocky areas!

Signs/Symptoms:

- Puncture marks at the wound
- Redness, bruising or swelling around the bite site
- Pain
- Nausea
- Vomiting



First Aid:

- Stay calm and take note of the snakes color, shape, and markings
- Wash the bite site with soap and water
- Mark the leading edge of tenderness or swelling and write the time down
- Remove any tight clothing or jewelry before swelling starts
- Seek medical attention or advice immediately

DO NOT attempt to pack in ice, cut or suck out the venom or apply a tourniquet!

Sunscreen

- Apply sunscreen 20 to 30 minutes **before** sun exposure so that the product has a chance to bond with the skin.
- Do not** use sunscreen on children six months or younger – due to a greater risk of side effects (rash).
- Sunscreens are usually only ingested in small amounts since they do not taste good.
- If swallowed, sunscreen can be irritating to the stomach (minor upset stomach, diarrhea). If ingested, have them rinse their mouth out, give a few sips of water, and monitor for vomiting or loose stools.
- If someone has gotten sunscreen in their eye(s) it can cause irritation. Have them rinse by pouring clean, lukewarm water across the affected eye(s) for 10-15 minutes.



Food Safety

- Thaw food safely in the refrigerator, cold water, or microwave. Thawing food on the counter (at room temperature) can allow bacteria to grow and increase your chances of food poisoning).
- Marinate food in the refrigerator (not on the counter).
- Wash your hands, utensils, and work surfaces with soap and water before and after handling raw meat.
- Keep hot foods hot (140°F or warmer) and cold foods cold (40°F or colder).



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Insect Repellent

DEET is a common active ingredient found in many insect repellents. The concentration of DEET in various products determines how long the product will be effective. Insect repellents with DEET are safe to use, if proper precautions are taken.

- Read and follow the product instructions carefully (especially when re-applying).
- Store insect repellents out of reach from children.
- When applying insect repellents to the face, spray the product onto the hands, then rub onto the face to avoid contact with the eyes.
- DEET should **NOT** be used on children younger than two months old.
- DO NOT** use products that contain more than 30% DEET on children .
- DO NOT** use combination products, such as repellent and sunscreen (sunscreens should be applied 20 min. prior to repellants).
- Only apply repellents to exposed skin (**do not** use under clothing or on top of cuts, wounds, or irritated skin).
- After returning inside, wash treated skin with soap and water.

- DO NOT** cross-contaminate! Be sure to throw out marinades and sauces that have touched raw meat juices and do not place cooked meat back on a plate that previously held raw meat.
- Use a food thermometer to ensure meat is cooked to a safe internal temperature
- 145°F**—whole cuts of beef, pork, lamb, and veal (then allow the meat to rest for 3 minutes), fish (until its flesh is opaque)
- 160°F**—hamburgers and other ground beef
- 165°F**—poultry (white meat) and pre-cooked meats (hotdogs)
- 175°F**—poultry (dark meat)
- Place leftovers in the freezer or fridge within 2 hours of cooking.