

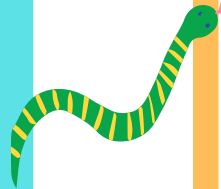
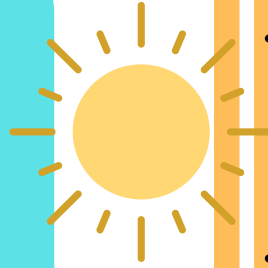
# SUMMER SAFETY TIPS



from the Virginia Poison Center

## POOL CHEMICAL SAFETY

- Store pool chemicals in a **COOL, DRY, WELL ventilated** area, away from other household products and garden chemicals (heat or moisture can cause undesirable changes to chemicals)
- Only handle chemicals in a **well-ventilated** space
- Use recommended protective equipment such as **gloves** or **masks** when handling hazardous products
- **NEVER** mix chemicals - mixing can create a poisonous gas
- Keep pool chemicals and products stored in their **original containers**, up and out of reach from pets and children, locked in cabinets is preferred.



## MEDICATION SAFETY WHILE TRAVELING

- Keep meds in **original, child resistant containers**. When packing for vacation, avoid using containers such as pill organizers or zip lock bags that can be easily opened by a child.
- **NEVER** leave meds in a suitcase or on bedside tables, as they can be easily accessed.
- As you unpack, store all meds **up high and out of reach from children**. Safe storage during vacation can include hotel safes or medicine lock boxes.
- **NEVER** put different kinds of meds in the same container.
- **Always** double check to make sure caps are properly secured on medication bottles.

## FOOD SAFETY

- Thaw food safely in the **refrigerator, cold water, or microwave**
- **Wash** your hands, utensils, and work surfaces with soap and water before and after handling raw meat
- **Don't cross-contaminate!** Throw out marinades once used and do not place cooked meat back on a plate that 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, veal, and fish
  - 160°F-hamburgers
  - 165°F-poultry (white meat), pre-cooked meats (hotdogs)
  - 175°F -poultry (dark meat)
- Place leftovers in the freezer or fridge **within 2 hours of cooking**



## SNAKES/SNAKE BITES

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

### Signs/Symptoms of Snake Bites

- puncture marks at the wound
- redness, bruising or swelling around bite
- nausea, vomiting, labored breathing, or disturbed vision
- numbness or tingling around face/limbs

### What To Do:

- stay calm and take note of the snakes color/shape/markings
- **SEEK MEDICAL ASSISTANCE ASAP**
- wash the bite with soap and water
- mark the leading edge of tenderness/swelling and write the time
- remove tight clothing/jewelry before swelling starts

**DO NOT** attempt to cut or suck out venom!