

FALL POISON PREVENTION TIPS

With fall comes back to school, cold-and-flu season, holidays, family time and outdoor adventures in cooler weather. Be aware and prepared as you navigate the fall season with a few helpful tips from the **Virginia Poison Center**.

If you have questions about potential poisons or suspect a poisoning, call the **Virginia Poison Center** at 1-800-222-1222. Our staff is available 24/7 to provide **FREE** and confidential medical assistance.

Medication Reminders

- Never prepare or take medication in the dark. Turn on the light to ensure you have the right medication and take the correct dose. If you need glasses to read, be sure to wear them when taking medication.
- Read the drug facts and prescription labels with **each** use to ensure safe dosing.
- **Do not** take two medications with the same active ingredient, unless prescribed.
- **Do not** call medicine “candy” to a child (including vitamins and melatonin)-this can create the perception that all medicine is safe.
- Teach children to only take medicine from a trusted adult and to **ask** before taking any kind of medication on their own.
- Buy and store products in child-resistant packaging whenever possible. But remember, **child-resistant is not child-proof**.
- Keep all medicines stored up and away or out of reach/sight from children.
- Keep medicines in their original containers.
- Safely discard of medications that are expired, unused, or no longer needed before they get into the wrong hands.



Use the dropper, syringe or cup that comes with the medicine to ensure you give the right dose. **Never use a kitchen spoon to measure medicine as they are not all the same.**



Scan this image or visit [safe.pharmacy/drug-disposal](https://www.vpoisoncenter.org/safe-pharmacy-drug-disposal) to find a drug disposal location near you.



Outdoor Plants



- **Berries** can often be found on plants in the fall.
 - Some berries can be **poisonous!**
 - Plants with poisonous berries include pokeweed, holly, mistletoe, Virginia creeper, and moonseed.
 - Teach children to ask before they pick and taste.
 - Know which plants and berries are in your yard in case of an accidental ingestion.
- **Wild mushrooms** - leave them in the wild!
 - **NEVER** eat wild mushrooms unless you have consulted an expert.
 - Cooking a wild mushroom **may not** make it safe to eat.
 - Symptoms from eating a poisonous mushroom can be delayed for many hours.
 - vomiting, diarrhea, severe stomach pain, or damage to internal organs

Tips for a Safe **HALLOWEEN**



- **Candy and treats** should always be carefully inspected by an adult before eaten by children.
 - Only allow children to eat candy that is still in its original, unopened wrapper.
 - Throw away all unwrapped candy and candy with wrappers that are faded or torn.
 - Check fruit and homemade treats for punctures or foreign objects. It is best to only allow children to eat homemade items from people you know and trust. Most treat makers have good intentions, but it's not worth the risk!
- **Non-toxic face paint or make up** is a safe alternative to masks, which can make it hard for children to see. Avoid using products that are not marked as non-toxic as they may contain dangerous emollient laxatives, talc or hydrocarbons.
- **Glow sticks and necklaces** are very popular around Halloween and can help when it comes to visibility. However, they can break. The liquid inside is considered non-toxic in small amounts, but it can cause irritation and rashes on the skin. Severe irritation can occur if it gets in the eyes. If someone is exposed to the liquid, wash the skin or flush the eyes with cold water. Oral ingestion can cause nausea and burning.
- **Dry ice** can be used in punch bowls for a spooky, smoky effect but it shouldn't be put in individual glasses. Swallowing dry ice can result in oral burns and direct contact with the skin can cause frostbite type injuries.

Thanksgiving Food Safety



- Wash hands, utensils, and surfaces before, during and after cooking with soap and water.
- Keep raw meat, poultry, seafood, and eggs separate from produce and cooked foods in the fridge and while cooking.
- Frozen, raw turkey should be stored properly in a freezer at **0°F** until ready to thaw.
- Thaw the turkey safely in the refrigerator, in cold water, or in the microwave.
 - **NEVER** thaw your turkey by leaving it on the counter as bacteria can grow quickly at room temperature.
- Never place cooked food or fresh produce on a plate, cutting board, or other surface that previously held raw meat.
- Cook the turkey until it reaches a safe internal temperature (**165 °F**). Use a food thermometer to check the internal temperature in three important places
 - thickest part of the breast
 - the innermost part of the thigh
 - the innermost part of the wing
- Leftovers should be refrigerated at **40°F** or colder as soon as possible after eating to prevent food poisoning.
- If leftovers have been exposed to temperatures **higher than 90°F** they should be refrigerated **within 1 hour**.
- Eat or freeze cooked turkey and dishes made with it, such as soups or casseroles, **within 3 to 4 days**.

Preparing the meal: <http://tinyurl.com/CDC-Turkey-Safety>

Cooking Times: <https://tinyurl.com/CDCcookingtimes>