

## Have a Poison Safe Summer – Common Summer Poisons



- Food:** Always wash hands, utensils and countertops before preparing food.  
Store food at the right temperature. Do not let food sit out more than 2 hours.  
Use a thermometer when cooking and reheating foods.  
Wash hands, cutting boards, dishes & utensils after handling raw meat, poultry & fish.
- Plants:** Learn to know poison ivy & poison oak.  
Do not pick your own foods in the wild unless you are 100% sure what it is.
- Mushrooms:** Only experts can tell poisonous mushrooms from safe ones.
- Insects:** Stinging insects; don't wear bright clothes and fragrance that attracts them.
- Snakes:** Don't blindly stick your hands or feet into tall grass or woodpiles.
- Carbon monoxide:** Use camp stoves, grills, and generators outside, **never** inside buildings or tents.
- Pesticides:** Read & follow label directions.  
Wear washable clothing & shoes; change, shower and wash clothing after use.  
Pesticide questions? Call 1-800-858-PEST
- Insect repellent:** Use a low percent of DEET on kids, **never** 30% or on kids less than 2 months.  
Wash off with soap & water as soon as possible. Avoid sunscreen/repellent combos.  
Never spray on face. Apply to your hands & then rub on kids face, not eyes or lips.
- Hydrocarbons:** Lighter fluid, gasoline, torch & lamp oils can be **deadly** if swallowed. Watch children closely at all times when these are being used.
- Call: Rocky Mountain Poison Center at 1-800-222-1222** anytime for help or answers.  
Rocky Mountain Poison Center at 1-800-222-1222 option 4 for magnets or phone stickers.  
911 if a person is having trouble breathing, won't wake up or is having a seizure.



For more details about the above poisons, visit [www.rmpdc.org](http://www.rmpdc.org); Click on Poison Prevention Tips to download poison prevention information. Share these with family, friends and community organizations.

Call **1-800-222-1222** 24 hours a day, 7 days a week from anywhere in the U.S. to reach your nearest poison center.

## Keep Your Kids "Sun Safe"



### Sun Protection for Infants and Children

Under 6 months	NO SUN, NO SUNSCREEN!
Under 1 year	Keep out of direct sunlight!
Under 2 years	Use PABA-free sunscreen with SPF of at least 30.
All children	Avoid long sun exposure. Always wear a hat. Reapply sunscreen after long swimming or exercise.

### Sunburn Treatment

Cool the skin with cool compress or bath, NOT cold water.

Take over-the-counter pain medication as directed. Drink extra fluids.

Use lotion that has no perfume or alcohol.

DO NOT USE: butter, petroleum jelly or ointment, harsh soap or home remedies (like toothpaste).

SEEK MEDICAL ATTENTION FOR: Severe pain, fever over 101 degrees F, sunburned infants under 1 year of age, or if you feel uncomfortable.

### More Sun Safety

Use Sunscreen with UV-A and UV-B protection.

Wear sunglasses that block UV rays.

Wear protective clothing.

Shade alone is not enough!

Thanks to: [www.ameriburn.org](http://www.ameriburn.org)

Another service brought to you by the Rocky Mountain Poison & Drug Center



1-877-800-5554

[www.rmrpehsu.org](http://www.rmrpehsu.org)