

# what's your Poison?

An update from the Kentucky Poison  
Control Center of Norton Children's Hospital



## Grilling Safety

Hosting a cookout this summer? Here are some tips to keep the party poison safe:

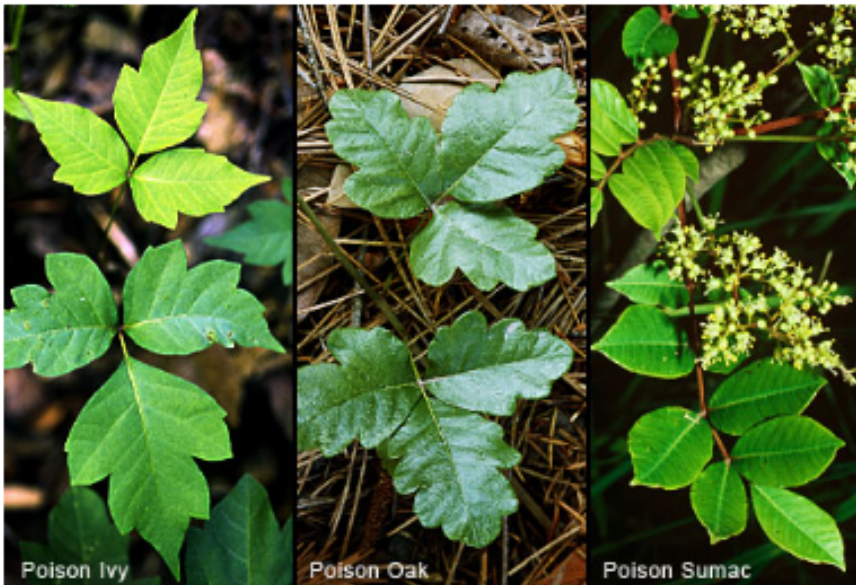
- Always marinate foods in the refrigerator — not on the kitchen counter or outdoors. Separate a portion of the marinade before adding it to raw meat if you plan to use it as a sauce on cooked food.
- Always use a food thermometer and cook food to the safe temperature
- Once food is cooked, keep it hot until it's ready to serve. Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.
- Don't reuse platters or utensils, this can allow bacteria from raw food to transfer to the cooked food. Have clean dishes and utensils ready for when the food is cooked.



### Did you know?

Poison control never takes a vacation! You can call us from anywhere in the country at 1-800-222-122 so be sure to program the number in your phone

## Plant Safety



Be sure everyone in the family can identify poison ivy, poison sumac and poison oak.

If someone touches one of these plants, rinse right away with running water for at least five minutes. The oil from these plants can also get on any objects that come into touch with them. Be sure to wash your clothes and any tools or other items that might have

## Spring Allergies

As spring blooms in Kentucky so do seasonal allergies for many Kentuckians. If you are treating allergies follow this safety tips:

- Pick medication that treats only the symptoms you have.
- Read the label each time you take a new medication or if you're bringing home a new package – formulas sometimes change and you want to make sure you're taking the safe dose
- Look at the active ingredient and watch for duplicates. Many medications include the same active ingredient and taking them together could cause serious complications

## Bites and Stings

Be alert to insects that may bite or sting. After a sting, the site will show redness and swelling. Some people are allergic to insect stings. These people may experience serious problems and even death. If there are hives, dizziness, trouble breathing or swelling around the eyes and mouth go to a hospital right away .

Not sure what to do? You can always call poison control and a medical specialist will talk you through what symptoms to watch for.

Kentucky has three types of venomous snakes: copperheads, rattlesnakes (timber and pigmy) and cottonmouth/water moccasin. Call poison control right away if you think someone has been bitten by a venomous snake. Our specialists will help you determine what steps you need to take.

**Kentucky Poison Control Center**  
PO Box 35070  
Louisville, KY 40232  
[www.KYPoisonControl.com](http://www.KYPoisonControl.com)

For poisoning information and emergencies:  
1-800-222-1222