

WINTER

Poison Safety

Winter can be a wonderful time of year, but it also brings some special poison hazards. There are a few easy things you can do to help ensure a poison-free winter season.

Carbon Monoxide

Carbon monoxide (CO) - the "silent killer" - is an odorless and colorless gas, which is released through defective generators, gas furnaces and heaters, and gasoline-powered vehicles and equipment. Breathing in too much CO can cause unconsciousness, impaired coordination, and even death.

- Install a CO detector in your home & replace the battery regularly
- Never use a generator indoors, and never place a generator being used outdoors less than 20 feet from any window, door, or vent
- Have your home's heating system and chimneys inspected regularly to ensure proper ventilation



Toy Safety

Toy & battery safety remains a serious concern during the winter holidays. In 2014, poison centers managed about 94,000 cases of kids and adults swallowing foreign bodies and button batteries, about 6,500 of which involved toys and ornaments.

- Monitor toy recalls as you do your holiday shopping and do not purchase or allow children to play with recalled toys
- Keep antique and vintage toys out of reach of children. Do not allow children to play with antique toys, especially toys with chipping or worn paint
- Keep items containing button batteries (such as watches, toys, games, flashing jewelry, singing greeting cards, and remote control devices) securely fastened or out of the reach of children



Alcohol and Children

Every year poison centers manage thousands of cases of alcohol exposure in children under six. Even a small amount of ingested alcohol can cause severely low blood sugar and distress to a child's central nervous system.

- Take special care to keep wine, beer, liquor and other alcoholic beverages up and away from children.
- Alcohol found in mouthwash, hand sanitizers, and other personal care products can also cause alcohol poisoning, so it is important to keep these products up and away from children, too.



The best way to be prepared for poisoning emergencies this holiday season is to program the Poison Help line, 1-800-222-1222, into your mobile telephone, and post it in a visible place in your home. The experts at poison centers provide free and confidential information and treatment advice 24/7/365, including holidays.

