



HOLIDAY HAZARDS



Happy Holidays from the Oregon Poison Center! The holidays can bring a change in routine and this change usually means more chances for accidental poisonings. Let's look at some tips to have a safe holiday season:

Holiday Food Safety

- Soapy, warm-water hand washing before and after handling food will reduce the risk of food poisoning.
- Hot soapy water to clean cutting boards, kitchen utensils and counters is important, too.
- Thaw food in the refrigerator or microwave, NOT on the countertop.
- Do NOT wash meat before cooking. This can contaminate the sink among other things.
- Use a meat thermometer to check for doneness. Turkeys should read 165 degrees Fahrenheit.
- Remove any stuffing from the turkey before refrigerating leftover meat. In fact, it is recommended you cook the stuffing separately from the turkey. Remember, cooking a stuffed turkey is riskier than cooking a non-stuffed one so be cautious.
- Do NOT use turkeys that have been defrosted and refrozen.
- Do not leave foods out after eating. Promptly cover and refrigerate them. There are bacteria that grow well in cooked foods left sitting out at room temperature.



Holiday guests

- Houseguests may bring medication and personal products in their purses and suitcases. Keep their belongings out of children's reach.
- Empty ash trays often, and when the party is over, clean them. Ingesting a few cigarette butts can send a child to the hospital.



IF YOU SUSPECT YOU CAME IN CONTACT WITH ANY POISON

PLEASE CONTACT THE POISON CENTER AT 1800-222-1222



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Plants and Decorations

- The use of old ornaments creates risks for cuts from broken glass and they may be decorated with harmful lead paints.
- Lead can be found in some tree light wires. Wash hands before and after handling tree lights.
- Spray-on snow, once dried, is non-toxic.
- Icicles or tinsel can be a choking hazard if swallowed.
- Angel hair is finely spun glass which can cause cuts or irritation when handled or swallowed.
- Make sure button batteries are hidden from children. One swallowed battery can injure a child.
- Mistletoe berries, Holly berries, the fruit of Jerusalem cherry, the leaves and twigs of Boxwood can be poisonous to humans and animals. Poinsettias can cause irritation but are not deadly. Christmas trees may cause skin, mouth or stomach irritation or cause damage if sharp.

Holiday activities



- Even small amounts of alcoholic drinks like eggnog or spiked punch can cause sickness in children.
- Empty leftover cups, bottles and punchbowls as soon as guests leave.
- Many perfumes, colognes and after shaves contain as much alcohol as a shot of whiskey. Do not leave these gifts under the tree.

Holiday guests

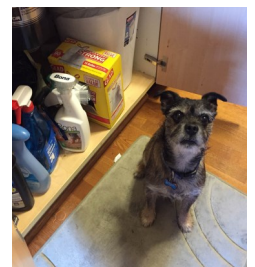


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Pet holiday safety

- Decorations and plants can cause poisoning or injury to pets. Keep them out of reach.
- Make sure the antifreeze is well hidden. It tastes good to pets but they are very dangerous.
- Chocolate is toxic for dogs and cats. Be aware of wrapped gifts that might contain chocolates.
- Macadamia nuts, grapes and raisins can poison dogs by damaging the kidneys.
- Some candy and gum contain the sweetener Xylitol, which can drop a dog's blood sugar and cause seizures.
- Ice melting products can cause foot burns, and poisoning if enough is licked.



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