

Poison Prevention Press

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Summer Poison Safety

Food Poisoning

- Wash hands and counters before and after cooking
- Food should not be left at room temperature for more than two hours

Plants and Mushrooms

- Know the names of flowers and plants growing in and around your yard
- Teach children not to touch or eat berries or mushrooms outside

Tiki Torch Fuel, Lighter Fluid, and Lamp Oil

- Use a funnel to fill a tiki torch, never use a drinking cup
- Keep these liquids in their original labeled containers
- Store these products up, away, and out of sight

Call 1-800-222-1222 to speak an expert if you have been exposed to these summer poisons.

Did you know that...

- Poison centers get more calls during the warmer months?
- In 2019, 72 cases reported to the MPC involved insect repellents?

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Insect Repellents

When used correctly, insect repellents don't pose a threat to humans. But if you use too much or apply it in the wrong way, there can be unwanted effects.

DEET Insect Repellents

DEET is one of the most common ingredients in insect repellents. The American Academy of Pediatrics (AAP) and Centers for Disease Control and Prevention (CDC) recommend children older than 2 months use an insect repellent that contains 10 - 30% DEET. Never use DEET on children younger than 2 months. The concentration of DEET in an insect repellent is related to the duration of effect, not to its effectiveness. The AAP recommends choosing an insect repellent with the lowest effective concentration for the amount of time that you will spend outside. DEET should only be applied once a day.

DEET Alternatives

Picaridin is odorless and has a lighter feel on the skin. Picaridin is also less likely to cause unwanted side effects than DEET. Products containing oil of lemon eucalyptus and IR3535 are also available. These products are as safe to use as picaridin. Permethrin-containing products are only used for clothing and gear, such as boots, pants, socks, and tents, not the skin.

Insect Repellent Safe Use

Do

Do Not

Read the label before use	Use more than directed
Apply to the skin (except Permethrin-containing products)	Apply to skin that has cuts, wounds, or is irritated
Apply on all children older than two months	Let children apply alone or on their hands or around their mouth or eyes
Apply to the face by first spraying onto the hands, then rub onto face	Apply spray directly to the face
Apply to all skin not covered by clothing	Apply to skin under clothing
Apply when outside	Apply in an enclosed area or near food
Wash your hands after applying	Touch your eyes or mouth after applying
Remove and wash clothing, and wash the skin after spraying and being outdoors	Leave spray on clothing and skin after being outdoors

Contact the Maryland Poison Center right away if you or someone you know has ingested an insect repellent or gets it in their eyes. Experts are available 24/7 to provide free, confidential help. More detailed information on insect repellents can be found on our blog— blog.mdpoison.com.