

# Poison Prevention Press

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## Holiday Safety Tips

1. Prevent food poisoning by:
  - Cleaning your hands, utensils, and surfaces with hot soapy water
  - Cooking meat to its safe minimum internal temperature
  - Putting leftovers in the fridge within two hours of cooking
2. Keep alcoholic beverages out of a child's reach.
3. Give visitors a safe place to store medicines and other potential poisons.
4. Supervise children around new toys. Magnets and button batteries are dangerous if swallowed.
5. Program 1-800-222-1222 into your mobile phones. Text "POISON" to 797979 and save the contact card.

## Did you know that...

- Children under 6 years old accounted for 36% of cases in 2019 at the Maryland Poison Center (MPC)?
- 85% of calls to the MPC involving children under 6 years were managed at home?

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## Will Kids Really Eat That?

Children learn about their environment by exploring. They look, touch, and taste. Sometimes, the things they taste are a real head scratcher, but are they actually harmful? Let's take a look at some common items often mentioned in the calls we receive.

### Art Supplies

Taking a bite or lick of markers, crayons, chalk, or playdoh usually won't cause any problems. Eating more than a bite or sucking for longer than a taste may cause problems such as an upset stomach or diarrhea.

### Cigarettes and Nicotine

Cigarettes, cigarette butts, and electronic nicotine delivery systems (ENDS) are often left in purses and jacket pockets, or on tables within a child's reach. As a result, they end up in a lot of children's mouths. If you see a child with a cigarette, cigarette butt, or an ENDS in their mouth, call the poison center right away. Children taking a drink from chewing tobacco spit containers can be harmful because those juices contain nicotine. If a child swallows anything containing nicotine, it can cause vomiting, seizures, and affect their heart.

### Cosmetics and Personal Care Products

Cosmetics such as lipstick, foundation, and powder are often left somewhere easily accessible. So are personal care products such as deodorant, perfume, and lotions. A taste or lick of cosmetics and personal care products won't cause a problem. Larger amounts can cause an upset stomach and diarrhea.

### Pet Food

Children will occasionally try dog, cat, fish, or bird food and treats. There is no harm in a child getting just a taste of pet food. But, if the pet is taking medicine and the medicine is mixed in with the food, take extra care to keep children away from the food dish until the pet finishes it.

### Plants

There are many different types of plants, and it isn't always easy to tell whether a plant is poisonous or harmless. This is true for both indoor and outdoor plants. A [poisonous plants list](#) is available to download on our website. If a child eats any plant, remove the remaining plant material from their mouth. Rinse the mouth with water and call the poison center right away.

### Poop

Eating a small amount, such as a mouthful, of poop is not harmful. If the child starts to have symptoms such as nausea, vomiting, diarrhea, or a fever, call the poison center.