



# Poison Smarts

## POISON PREVENTION TIPS FOR THE COMMUNITY

*Rocky Mountain Poison Center's specially trained nurses, pharmacists, and paraprofessionals are available to answer your questions at any time, every day of the year! Call us at 1-800-222-1222*

Along with snow and snuggling by the fire, winter includes preparation for holiday celebrations, travel and welcoming guests into our homes. The most common poisonings occur when there's a change in normal routine. Make sure you're prepared this holiday season!

### Poisons and Medications:

- ◆ Keep household cleaners, antifreeze and windshield washer fluids in their original containers.
- ◆ Return all cleaners, chemicals and medications immediately to their locked storage areas.
- ◆ Double-check your medication bottles and do not get distracted. Check for: right medicine, right person and right amount/time of dose.
- ◆ Remember to check for poisons/medications and their accessibility when visiting friends and family. Not everyone's house may be entirely child or pet friendly.

### Other Winter Hazards:



- ◆ Carbon Monoxide (CO<sub>2</sub>) is a leading cause of death and illness in the winter. Make sure you have a carbon monoxide detector and check the batteries regularly. Make sure your appliances are in good working order.
- ◆ Be aware of unfinished alcoholic drinks and ashtrays. Keep all cigarettes, e-Cigarettes and their refills out of reach of children and pets.
- ◆ Keep track of how long your holiday foods have been out. Keep them at appropriate serving temperatures. Remember, "When in doubt, throw it out"!



Rocky Mountain Poison Center is here to help! Whether you have a general safety question or need help with a medical exposure, call our experts at 1-800-222-1222 anytime. Your call is always free and confidential.

Celebrating 50+ Years of Serving the Community