

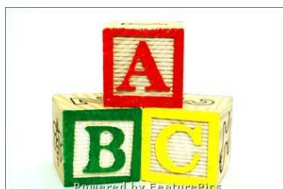
PoisonSmarts



Rocky Mountain Poison Center's quarterly prevention tips
Volume 2, Issue 2

Summer 2009

ABC's for a Poison Free Summer



Always: Read the label before using lawn and garden products.
Keep kids and pets off treated lawn for 24 hours.
Keep lighter fluid, torch and lamp oil away from kids.
Use a low percent of DEET insect repellent on kids.
Keep all products out of sight and reach of kids and pets or locked up.

Beware of: poisonous plants –learn to know poison ivy & poison oak.
stinging insects; don't wear bright clothes and fragrance that attracts them.
snakes; don't blindly stick your hands or feet into tall grass or woodpiles.
carbon monoxide from camp stoves, grills, and generators – use outside only.
medicine mistakes; check for right person, medicine, amount and time of dose.
spoiled food; wash hands often when handling; keep food at the right temperature.

Call: Rocky Mountain Poison Center at 1-800-222-1222 anytime for help or answers.
Rocky Mountain Poison Center at 1-800-222-1222 for magnets or phone stickers.
911 if a person is having trouble breathing, won't wake up or is having a seizure.



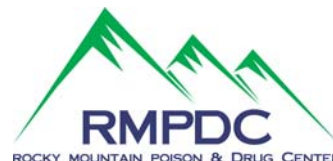
For more details about the above poisons, visit www.rmpdc.org; Click on Poison Prevention Tips to download poison prevention information. Share these with family, friends and community organizations.



To get guides, magnets or stickers, call 1-800-222-1222; choose option 4.



Did you know that you can call 1-800-222-1222 24 hours a day, 7 days a week from anywhere in the U.S. to reach your nearest poison center?



Keep Your Kids “Sun Safe”



Did you know that:

- ✓ little kids have thinner skin that burns more deeply and quickly at lower temperatures than adult’s skin?
- ✓ sun damage adds up over the years?
- ✓ sunburns in childhood increase the risk of skin cancer as an adult?

Take the following steps to protect your kids:

- ✓ Keep out of the sun as much as possible.
- ✓ Keep kids indoors or in the shade between 10AM and 4PM.
- ✓ Use sunscreen daily (at least SPF 15) at all times of the year.
- ✓ Use at least 1 ounce each time lotion is applied.
- ✓ Apply a lot to the face, ears, neck, arms and shoulders.
- ✓ Apply 30 minutes before going out into the sun.
- ✓ Reapply after swimming or a lot of exercise.
- ✓ Apply sunscreen to areas that are covered by clothes as well.
- ✓ Wear UV protective sunglasses (check label for UVA & UVB protection).
- ✓ Wear a hat and long-sleeve clothing while out in the sun.
- ✓ Beware of cloudy days when the ultraviolet light exposure is just as strong.
- ✓ Discourage your teenagers from “tanning” both indoors & outdoors.
- ✓ Be a role model and practice all of the above.
- ✓ Check the daily “UV Index” at the Sunwise program at www.epa.gov/sunwise.

Another service brought to you by the Rocky Mountain Poison & Drug Center



1-877-800-5554

www.rmrpehsu.org

