

THE YUK REPORT

Expert Poison Information 24/7

www.wapc.org

1-800-222-1222

Fall 2005

Keep the Joy in Your Holiday

With the holiday season quickly approaching, many of us are either getting ready to travel or preparing for guests. To spend this time with family and friends and avoid a frantic trip to the emergency room, please take a few moments to think about safety.

If you are traveling with young children or pets, look around for dangers. The family or friend you are visiting may not normally need to worry about a curious mind running around their home. Ask your host about product storage and cabinet latches before finding your little one drinking cologne, window cleaner or liquor.

As you plan for the arrival of guests, remember that everything they bring will be easy to access. Luggage, purses and toiletry bags often end up on the floor. Encourage your guests to keep their door closed. Offer them a latching cabinet for their toiletries

and medications. This will help keep potential poisons safe.

The most dangerous time for the younger members of our family is when adults are preoccupied. The hustle and bustle of entertaining, preparing food and enjoying the holiday season is distracting. Many dangerous items, such as wine, vanilla or almond extract and

just a few. Keep pets in a gated space, or have a babysitter for them, too.

Adults are not free from the poison pitfalls of the season. The excitement and stress of travel or entertaining guests disrupts our normal routines. Pause a moment to check your medication before taking it to make sure you have

the correct bottle and the right dose. The Poison Center also gets a number of calls each year about people who reach for a drink and grab an open container of bleach, window cleaner, or vanilla extract by

mistake. Many have taken a big swig before realizing what happened.

The Washington Poison Center wishes you a very happy and safe holiday season. Remember to call us at **1-800-222-1222** right away if someone, including a pet, has been poisoned or if you have a question.

More info: www.wapc.org

Did You Know . . .

- . . . 90% of children are poisoned at home?
- . . . the Poison Center helped a squirrel, a mule, 2 ferrets, 3 horses, 2 goats, a tortoise and 2 birds along with 575 cats and dogs last month?
- . . . last holiday season 147 people called with food safety questions? 221 others wished they had called before they ate.

cleaning products, are frequently in plain view. Designate a reliable adult to watch the younger children at your function. Even a few seconds away to open the door or to refill an empty chip bowl is plenty of time for a scampering child to get into something.

Holiday goodies are intended for people, not pets. Many human foods can cause an animal to get sick. Chocolate, macadamia nuts, alcoholic beverages and onions are

From the Files

SUCCESS @ 5 AM

I am a severely brittle diabetic and take three different types of insulin. One of them is slow acting, which I take before bed, as it helps prevent me from slipping into a coma while sleeping. Being very tired, I accidentally gave myself a second dose of regular insulin.

I immediately called the University of Washington Hospital, who connected me to a nurse at Harborview Medical Center. I explained my situation to the nurse, and she initiated a three-way call to the Washington Poison Center. We explained my situation and after a few moments the Harborview nurse hung-up and left me in your care.

The specialist was very knowledgeable and patient. She said this could be handled at home, but that I should prepare for a long night, as she would be calling to check on me every hour for the rest of the night!

When this began, my blood sugar was nearly five times normal level. Every hour (then two as I stabilized) as promised, the specialist called to check on me. With each call she provided the

continued on back...

Cooking Cues: Poison-Free Turkey

Holiday meal preparation, done correctly, can stop several problems and ill tummies. Salmonella is commonly found in uncooked turkeys, chickens and eggs. Handle all raw and even cooked meats very carefully. Keep work areas, utensils and hands clean to reduce chances for bacterial infections.

Follow these additional tips for a poison-free turkey dinner:

Buying the turkey

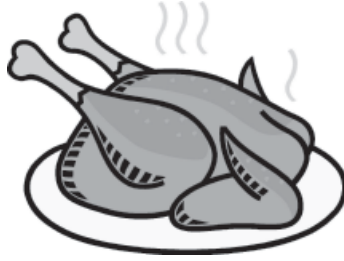
Fresh, unstuffed turkey is the safest choice. It must be used or frozen in 1-2 days. If you buy a frozen, stuffed turkey do not thaw. It must be cooked frozen.

Defrosting the unstuffed turkey

Never defrost the turkey on a counter. The safest way is in the refrigerator (40°F or colder); 1-day thawing time for every 5 lbs. of turkey.

Stuffing the turkey

It is safer to cook the stuffing separate from the turkey. If you



choose to stuff it, do so just before it goes in the oven and do not stuff it tightly. Any sausage or oysters in the stuffing must be pre-cooked.

Cooking the turkey

The oven must be 325°F or hotter and always use a meat thermometer; pop up buttons and built-in thermometers cannot be trusted. The meat should be cooked to 180°F, and the *center* of the stuffing must reach 165°F. If the turkey is done and the stuffing has not reached 165°F, you must continue to cook until the stuffing is safe. Never let the turkey cool down below 140°F while cooking, it will not be safe.

Leftover turkey

Do not leave the turkey out all day for snacking. Refrigerate the turkey, stuffing and gravy in different containers within two

hours. Heating the leftovers will not make the food safe.

For more tips

- www.wapc.org
- www.butterball.com
- www.jennie-o.com

From the Files: continued from front...

professional advice I needed and, just as important, reassurance. The night went on like this until about 5 a.m. I would have slipped into a diabetic coma during the night had the Poison Center not been so involved.

Usually, when I hear “Poison Control” things like Mr. Yuk stickers and small children getting into household cleaners come to mind . . . Now I have a whole new respect for the Poison Center, and especially the people who make your organization as valuable as it is!


Thank you so much for your dedication and service!


Joan S.
Seattle, Washington

This first aid information does not take the place of expert advice. **Always** call the Poison Center.


Call 911 if someone has trouble breathing or cannot wake up.

 **Inhaled Poison**
Get to fresh air right away. Avoid breathing fumes. Open doors and windows wide.

 **Poison on the Skin**
Take off clothing the poison touched. Rinse skin with running water. Wash off with soap and water.

 **Poison in the Eyes**
Rinse eyes with lukewarm running water for at least 10 minutes. Blink as much as possible. Do not force the eyelid open.

 **Swallowed Medicine**
Do not give or take anything until calling for advice. Do not force vomiting.

 **Swallowed other Poisons**
Drink a small amount of milk or water. Do not force the fluids or vomiting.



Call 1-800-222-1222 right away.

Support Mr. Yuk

- ✓ The Washington Poison Center is a nonprofit, charitable organization relying on community support. To make a tax-deductible donation, send a check or money order to:

Washington Poison Center
155 NE 100th Street, #400
Seattle, WA 98125-8011

- ✓ The only number to call the Washington Poison Center is **1-800-222-1222** (voice or TDD). Please update your phone lists. Consider all other numbers obsolete. If you see any other number being published, let the publisher or us know.

Thank you for supporting Mr. Yuk!



RETURN SERVICE REQUESTED

155 NE 100th Street, #400
Seattle, WA 98125-8011

