

THE YUK REPORT

Expert Poison Information 24/7

Washington Poison Center

1-800-222-1222

Summer 2008

Enjoy the Weather — Consider the CO

It is often talked about only during the winter months, so why are we writing about it in our summer newsletter?

Because it can kill any time of year.

Carbon Monoxide, or CO, is a deadly, invisible poison. It cannot be seen, smelled or tasted.

Not only can CO kill, it can cause long-term brain damage. It can cause kidney and liver failure and produce crippling symptoms in the central nervous system.

CO does not care if you are a child or adult, rich or poor, animal or human, living in Eastern or Western Washington. It does not care if it is winter or summer.

What should you know to stay safe from CO?

1) what makes carbon monoxide; 2) what the symptoms are; and 3) what to do if you think CO has found you or your family.

What can make CO?

CO is made any time fuel (oil, gas, wood) is burned. During the summer months, we tend to enjoy camping, spending time on the water or picnicking. These activities present situations for possible CO poisoning. The following should never be in a tent, camper or cabin of a boat, under awnings or anywhere there is poor ventilation

close to tents and awnings, but also when parked too close to dense trees and plants.

“Teak surfing” – running the engine while someone is clinging to the swim platform, or teak – is a very dangerous activity on motorboats. Recently, two men in their 20’s died from CO poisoning while teak surfing in Auburn, WA. Swimming under a

houseboat’s open space or swim platform can also be deadly.

Did you know . . .

. . . students from all over the state participated in the Poison Prevention Week Poster Contest this year?

. . . the WAPC gives out over 1,500,000 Mr. Yuk Stickers each year?

. . . Washingtonians are 210% more likely to get poisoned in a public area in summer than in winter?

What are the symptoms of CO?

Symptoms of CO poisoning include headache, drowsiness, nausea and vomiting, weakness, fatigue and confusion. Symptoms are like the flu or food poisoning. If several people in your group become ill at the same

or air circulation:

- charcoal or kerosene heaters
- coal, wood or gas stoves and propane grills
- running cars or campers
- motorboats and houseboats

Running cars or campers not only poison you with CO if parked too

time, it may not be “just the flu.”

What to do if it is CO?

Get everyone to fresh air right away. Call the Washington Poison Center at 1-800-222-1222 for more first aid steps and information. If the person is unconscious or cannot be aroused, call 911 immediately.

From the Files

THANKS MR. YUK

Dear Washington Poison Center,

Thank you so much for all the cool goodies that you gave me. And thank you for the opportunity to use my artistic skills and make a poster to let everybody know about your important job at the Washington poison Center. Some of my favorit gifts are the RC Plane. It is cool. The little plane and tractor models are cool too. I love the MP3 player. It is so nifty! And the blanket always keeps me warm.

Signed,

Tyler Sudderth, one of the poster contest winner
Arlington, WA

Summer Poison IQ



Take our summer safety quiz. The answers appear at the end of the article. For detailed explanations of the correct answers, and for more questions, please go to www.wapc.org.

1) You bought a tube of pain-relieving cream for the sunburn you got yesterday. You find your toddler sucking on the end of it. What should you do?

- A. Nothing. Even if she swallowed some, it's just a little bit.
- B. Check the tube to see if you need to buy some more.
- C. Even a little bit of these creams can be dangerous. Call the poison center right away at **1-800-222-1222**.

2) You've hacked out some underbrush for use as fire starter in the park's fire pit. Is this a good idea?

- A. No, if there's even a chance of poison ivy in there.
- B. It's okay if your local fire marshal approves.
- C. No, because it won't taste as good as hickory or mesquite.

3) Your family is enjoying a camping trip with friends. A few people go hiking in the woods and bring back something that looks like a carrot. Should you put it in the campfire stew?

- A. Sure. Carrots taste great, and they're good for you, too.
- B. Maybe. Nothing very poisonous grows in the woods.
- C. No, that "carrot" could be hemlock, and eating it could be fatal.

4) You are at a neighborhood barbecue. Your youngster gets into some charcoal lighter fluid, and you think he might have swallowed some. Is this dangerous?

- A. No, it's just a clear liquid.
- B. Yes. It can easily get into the lungs and cause pneumonia. This could be fatal.
- C. It depends on how old your child is.

5) You're outside spraying your lawn with insect killer when your daughter sneaks up behind you. You turn around in surprise, and your daughter gets bug spray all over her skin. What should you do?

- A. Wash it for 15-20 minutes with running water. Call the poison center at **1-800-222-1222**.
- B. Wait to see if she gets a rash.
- C. Nothing. Garden chemicals are only poisonous if swallowed.

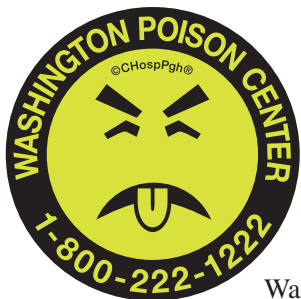
6) You're at a family picnic. Your two-year-old son decides to drink from that frosty pink pitcher of alcoholic punch. What should you do?

- A. Nothing. He'll just take a longer nap, and you can get in a few more innings of softball.
- B. Call the poison center right away at **1-800-222-1222**. Alcohol is very poisonous for children.
- C. Don't worry. It's a hot day and he'll just sweat it out.

7) You are visiting the grandparents' home. Your youngster tells you how good those white candies are and offers you some. You look around to discover those "candies" are grandma's pills. Now what?

- A. Call the poison center immediately at **1-800-222-1222**.
- B. Wait until grandma gets home to ask her what they are.
- C. Don't worry. Grandma is in pretty good health, so she wouldn't be taking any dangerous medicines.

Answers: 1-C, 2-A, 3-C, 4-B, 5-A, 6-B, 7-A



Mr. Yuk Stickers Are For You!

Use Mr. Yuk stickers to:

Teach children to stay away & ask for help

Warn yourself to put harmful products out of reach

Find the Poison Hotline in an emergency

Call the Poison Hotline for more Mr. Yuk stickers

Call 1-800-222-1222 – ask for free Mr. Yuk Stickers

courtesy of:



&



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, #100
Seattle, WA 98125-8007

Or, call 1-800-572-4104 x2367 to donate by credit card.

Mr. Yuk thanks you for your help!

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