

TOP HOLIDAY HAZARDS

 WASHINGTON
POISON CENTER
(800) 222 1222
A 501(c)3 Nonprofit Organization

AND TIPS TO KEEP YOUR HOLIDAYS MERRY, BRIGHT, & HEALTHY

BUTTON BATTERIES



Button batteries are in watches, hearing aids, electronics, & toys.

When swallowed, they can get stuck in the throat, stomach, or intestines, which can cause burns, swelling, & even death.

WATER BEADS



If swallowed, water beads absorb liquids in the body & expand to bigger sizes.

This can block the intestine & cause serious health problems. Call us immediately if a child eats a water bead.

CANNABIS (MARIJUANA) EDIBLES



Keep cannabis products locked up, out of sight & reach of kids.

For adults, remember it can take over an hour to feel effects from edibles. Never mix cannabis & driving.

ALCOHOL



In kids, small amounts of alcohol can cause serious health problems.

Always clean up leftover beverages immediately, & store alcohol out of sight & reach of kids.

MEDICINES



Different routines lead to mistakes like taking medicines twice or taking the wrong medicine.

Use a checklist or cell phone app to remind yourself. Keep medicines in their original containers, not plastic bags.

UNSAFE STORAGE



Provide guests with a safe place to store their medicines.

If you are traveling, remind your hosts to practice safe storage. And remember, you can call us from any U.S. state!

HOLLY & MISTLETOE



Eating holly or mistletoe can cause nausea, vomiting, & diarrhea.

Keep plants out of reach of young kids & check regularly for leaves or berries on the ground.

POINSETTIAS



Touching poinsettias can cause a mild rash, & swallowing parts of the plant can irritate the mouth or stomach.

BUBBLE LIGHTS



Bubble light liquid can cause burns & skin irritation. Swallowed liquid can cause carbon monoxide poisoning.

Keep bubble lights out of reach of young kids, & discourage all kids from playing with lights.

CLEANING & SANITIZING PRODUCTS



Store cleaning & sanitizing products in their original containers, out of reach & sight of kids.

Always read labels closely & never mix cleaning products.

FOOD POISONING



Wash your hands, utensils, & cooking surfaces frequently. Use separate utensils & cooking surfaces for meats versus produce. Refrigerate or freeze leftovers within 2 hours.

CALL US AT 1-800-222-1222



We are always here to help, 24/7/365... even on holidays! Call us from anywhere in the U.S. for fast, free, expert advice with poison questions or concerns.