

12 Days of Holiday Hazards

Tips to keep your holidays merry, bright, & healthy



On the 1st day of December, I called for Poison Help:



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.

On the 2nd day of December, I called for Poison Help:



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.

On the 3rd day of December, I called for Poison Help:



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.

On the 4th day of December, I called for Poison Help:



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.

On the 5th day of December, I called for Poison Help:



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.

On the 6th day of December, I called for Poison Help:



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!

On the 7th day of December, I called for Poison Help:



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

On the 8th day of December, I called for Poison Help:



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.

On the 9th day of December, I called for Poison Help:



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.

On the 10th day of December, I called for Poison Help:



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

Always read labels closely & never mix cleaning products.

On the 11th day of December, I called for Poison Help:



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

On the 12th day of December, I called for Poison Help:



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.