



Certified by the American Association of Poison Control Centers

Poison Smarts

POISON PREVENTION TIPS FOR THE COMMUNITY

Rocky Mountain Poison Center's specially trained nurses, pharmacists, and paraprofessionals are available to answer your questions at any time, every day of the year! Call us at 1-800-222-1222

The kids are out of school and it's time for sun, surf and sand! With outdoor activities kicking off, remember that there are many products that should be kept out of reach of pets and kids.

DEET- DEET is a commonly used insect repellent and effective when used correctly. However mishaps can occur and if ingested, or used excessively, can cause a child to get sick depending on how much was swallowed or used. Read labels and put your repellents away as soon as you're done applying them.



Pool products- Chlorine tablets, pool shocks and algaecides can be harmful if inhaled, ingested or left on the skin. Common symptoms include shortness of breath, wheezing and dizziness. Always use proper protective gear (ie, gloves, goggles, masks) when pouring, mixing or handling these products.

Citronella and other repellents- Most repellents are mildly irritating if they're ingested or if they get in the eyes. When applying repellents, take care to avoid the eyes. Make sure you remember to wash all insect repellents off the skin once you're done outside.

Lighter fuel- Like other fuels and oils, lighter fluid can be very hazardous if any of the liquid gets into the lungs. If your child ingests some lighter fluid and begins to cough and choke, seek immediate medical help.

Fireworks- Fireworks can contain any number of hazardous components including arsenic and phosphorus. Firework ingestion causes anything from stomach upset to burns to the mouth and throat requiring an ER visit.

Sunblock and tanning lotions- While not a toxic concern, these can cause stomach upset when swallowed and be irritating to the eyes. Take care when applying near the eyes. Tanning oils may cause respiratory distress if aspirated (liquid in the lungs).

Mushrooms- Mushrooms flourish after summer showers. Some can be toxic. If your child or pet eats a mushroom, gather what's left in a paper bag and call your local poison control center at 1-800-222-1222.



Celebrating Over 60 Years of Serving the Community & Industry

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