



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**



### Don't let your guard down during holiday festivities!



During our holiday visits, it's easy to forget that not everyone's house may be child or pet friendly. Medications, cleaners and other hazardous chemicals may be kept in unlocked cabinets or on counters. If you're traveling to a friend or family member's house, take a moment to look around and make sure hazardous materials are out of reach of children. Ensure that purses and luggage are put up as soon as you arrive. After mealtimes, be mindful of any alcoholic drinks or cigarette butts (including E-cigarettes) that may have been left out. Keep marijuana, especially edibles far from children, pets, and adults who might mistake it for a regular food item.



### Let's talk about pets and "toxic" foods!

Chocolate is not the only holiday food that's bad for dogs. Xylitol, a common sweetener in sugar-free candies and gum can cause an unsafe drop in blood sugar for dogs, leading to seizures, liver failure, and death. Don't feed your dog turkey or chicken bones as they easily splinter and can cause mechanical injuries. Also, watch your holiday nut mixes! Macadamia nuts can cause vomiting, weakness, tremors and hypothermia in dogs. Other no-no's for your pets: onions, garlic, chives, grapes, raisins. Lastly, don't shovel leftover high-fat foods like fatty animal meats/trimmings, gravy or stuffing into their bowls. These items can cause painful pancreatitis.



### Other winter hazards to remember:

- Ice/snow melt: Ice melt/rock salts can cause burns on the pads of our pets' feet if left on long enough. If a child swallows pieces of ice melt, it may cause nausea and vomiting, and electrolyte imbalance if enough is eaten.
- Holiday plants: Poinsettias, holly berries and mistletoe, when nibbled, can cause stomach upset and mouth/throat irritation.
- Christmas tree water: A lot of people add Christmas tree food to the water. These fertilizers are normally not a big problem and can cause mild stomach upset if your kitty or pup sips diluted fertilizer from the holding container.
- Antifreeze: Coolant/antifreeze containing ethylene glycol may have a sweet taste to it. It is very poisonous to all mammals. Symptoms include: drunken behavior, vomiting, diarrhea, weakness, kidney failure, seizures and coma. Keep products in their original containers to prevent accidental human ingestion. Wildlife and pets can be fatally poisoned from a little driveway puddle so clean all antifreeze spills right away!



Celebrating Over 60 Years of Serving the Community & Industry

Poison Center / Drug Center / Research & Consulting / Medical Toxicology

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