

## Be Safe from Bites and Stings

Never underestimate the power of an irritating insect bite or sting. Most people who are stung by an insect will experience redness, itching, swelling and some pain around the sting site. In some cases, stings can be poisonous, cause allergic reactions or carry diseases. In extreme cases, they can cause death.



### *Insect Repellent Safety*



Small amounts of insect repellents generally will not have harmful effects. However, DEET (N,N-diethyl-m-toluamide), one of the most effective ingredients in topical insect repellents, may be dangerous. Current studies show that it is acceptable to use concentrations of up to 30 percent for adults and children as young as two months old.

The concentration of DEET is proportional to the amount of time it protects. For example, products with concentrations of 10 percent are effective for about two hours; products with a concentration of 24 percent protect an average of five hours.

### *Safety Tips*

- Wear clothing that will cover as much exposed skin as possible when outdoors.
- Select a product with the lowest concentration of DEET effective for the amount of time you plan to spend outdoors.
- Follow the directions on the label of insect repellents.
- Wash your hands after using insect repellents and pesticides.

## First Aid for Poisoning

### Poison in the Mouth:

- Call the poison center, whether the poison was swallowed or not.
- **Do not make the person vomit**, or give the victim something to eat or drink unless the poison center tells you to.



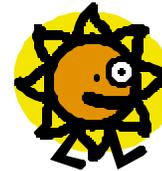
### Poison on the Skin:

- Take off clothes that have poison on them.
- Rinse the skin very well with water. Then wash the skin with soap and water.



### Poison in the Eye:

- Remove contact lenses (if worn).
- Rinse the eyes with water for 15 minutes.
- Open and close the eyes while rinsing.



### Poison in the Air:

- Open windows and doors to let in fresh air.
- Leave the area and move to a place where you can breathe fresh air.
- Help others leave the area, but be careful not to breathe the poison yourself.



Call the Illinois Poison Center as soon as possible at 1-800-222-1222. You may be told to call your doctor, hospital or 911.

# Summer Poison Prevention Safety Tips



[www.IllinoisPoisonCenter.org](http://www.IllinoisPoisonCenter.org)

1-800-222-1222



## Don't Let Food Poisoning Spoil the Day



Food poisoning is a major concern as many people take advantage of the warm weather to barbecue outdoors, have a

picnic in the park or go on a camping trip,

Food poisoning is caused by bacteria, which grow in certain foods when they are not handled, cooked or stored properly.

### Symptoms:

- Nausea
- Vomiting
- Diarrhea
- Stomach cramps
- Fever

One or more of these symptoms usually develop within a few hours to a few days after eating the contaminated food.

Following these tips will help keep your family safe from food bacteria.

### Preparation Tips:

- Pack hot foods in insulated containers.
- Pack refrigerated foods just before leaving home.
- Pack extra clean plates to avoid cross-contamination of raw and cooked foods.
- Place coolers in shaded areas and cover them with blankets.
- Use separate cutting boards for meats, poultry and fish.

### Cooking Tips:

- Wash your hands frequently while cooking.



- Wash all fruits and vegetables.
- Do not place cooked food on the same plate as raw food.
- Cook food completely.
- Cook foods as close to serving time as possible.

### Storage:

- Refrigerate food within two hours after cooking.
- Do not put hot food into the refrigerator or cooler.
- Most leftovers should be eaten within three to four days. Freeze the food if you don't plan on eating it before then.

Call the IPC toll-free at 1-800-222-1222 if food poisoning is suspected. Even if camping out of state, the national poison center number, 1-800-222-1222, will connect callers to a poison center for immediate help and poison prevention advice.

## Use Summer Products Safely

**Pool Products:** Bromine and chlorine, two common pool chemicals, usually come in tablet or powder form and can be dangerous if the chemical's dust is breathed in. (This happens frequently when the container is first opened.) The dust can cause skin rashes, eye irritation and shortness of breath, similar to an asthma attack.

- Store these products out of the reach of children.
- Keep away from the eyes and mouth; wash hands after touching the product.

**Sunscreens:** Consuming a small amount usually does not cause symptoms, but ingesting larger amounts may result in nausea, vomiting and diarrhea.

- Keep the product up high and out of the reach of children.
- Use the product according to the directions on the label.

## Mushrooms Can Be Deadly



Thousands of types of mushrooms exist in North America. Though relatively few are poisonous, some mushrooms can be dangerous if eaten.

Poisonous mushrooms can be found across the state of Illinois – on lawns, in fields, on forest floors and on rotting wood products.

### Symptoms:

Symptoms of mushroom poisoning vary depending on the mushroom involved. Some possible symptoms include:



- Vomiting
- Stomach pain
- Liver failure
- Bloody diarrhea
- Seizures
- Coma
- Hallucinations
- Flashbacks
- Death

Since mushroom identification is extremely difficult and complex, it is best left to the experts, known as mycologists. The IPC advises against picking and eating **any** wild mushrooms.