

## Carbon Monoxide: The Invisible Killer

Fall is the time when many Wisconsin residents turn on their furnaces. This could be why Poison Center experts see a rise in carbon monoxide (CO) poisonings from September through November.

Carbon monoxide is a poisonous gas that you cannot see, taste or smell. It is released when fuels, such as wood, oil or gasoline, are not burned completely. This fall, take extra precautions to prevent CO poisoning.

### Common Sources

Oil, wood or gas furnaces  
Gas stoves, dryers or space heaters  
Gas or oil water heaters  
Gasoline powered vehicles and tools  
Charcoal grills, candles and gas lanterns

### Signs and Symptoms

Headache	Irregular heartbeat
Upset stomach	Convulsions
Vomiting	Unconsciousness
Dizziness	Brain damage
Tiredness	Death
Confusion	

### CO Exposure Prevention Tips:

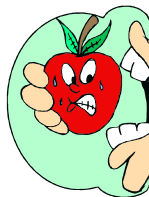
- Install carbon monoxide detectors on every floor of your home.
- Have your furnace, vents and fireplace inspected each fall by a professional.
- Do not use an oven to heat the house.
- Do not leave a space heater running while you are sleeping.
- Never let your car run in the garage, even if the garage door is open.
- Do not sleep in a parked car while the engine is running.

For a copy of a carbon monoxide brochure visit [www.uwhealth.org/poison](http://www.uwhealth.org/poison)

## 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.



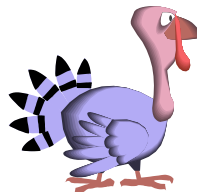
### Poison on the Skin:

- Take off clothes that have poison on them.
- Wash the skin well with soap and water.



### Poison in the Eye:

- Remove contact lenses.
- 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 Wisconsin Poison Center in Milwaukee as soon as possible at **1-800-222-1222**.

**This brochure made possible by:**  
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## Fall Poison Prevention Safety Tips



**Wisconsin Poison Center**  
**1-800-222-1222**

**POISON**  
**Help**  
**1-800-222-1222**



## Scare Away Halloween Hazards

Poisoning threats during Halloween can be as scary as the most ghoulish costumes you see out during the day's festivities. To avoid some of the dangers, follow these safety tips:

- Trick or treat with small children and check all treats for puncture holes.
- Feed children before taking them out to reduce the urge to snack on the route.
- Bring your own candy to give to your children along the way so they will not be tempted to eat from their bags.
- Throw away all unwrapped candy.
- Allow your child to eat homemade treats only from someone you know and trust.



## Thanksgiving Day's Uninvited Guest: Food Poisoning

Food poisoning is generally a mild illness that usually results from poor food handling practices. Symptoms can include fever, headache, diarrhea, stomach pain and vomiting. One or more of these symptoms usually develop within a few hours to a few days after eating the contaminated food.

Proper handling and cooking of your turkey can help prevent food poisoning. Follow these tips to keep safe from food bacteria.

### DON'T

- ⊖ Defrost a turkey on the counter at room temperature.
- ⊖ Refreeze a thawed uncooked turkey.

### DO

- ✔ Defrost a frozen turkey by refrigeration or a cold-water bath.
- ✔ Allow one day of thawing for every 5 pounds of turkey. If using a cold-water bath, change the water every 30 minutes.

### DON'T

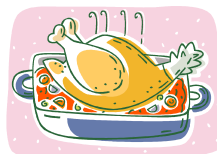
- ⊖ Use cutting boards and knives that have touched raw meat for other foods without washing them first.

### DO

- ✔ Keep all utensils, dishes, kitchen equipment and work surfaces clean.
- ✔ Wash your hands before and after handling the turkey.

### DON'T

- ⊖ Partially cook the turkey one day and continue roasting the next day.
- ⊖ Cook stuffing inside the turkey.



### DO

- ✔ Use a meat thermometer to check if the turkey is done (180°).

### DON'T

- ⊖ Leave leftovers on the counter longer than 3 hours.

### DO

- ✔ Put leftovers in the refrigerator when finished with the meal.
- ✔ Call the poison center at 1-800-222-1222 if food poisoning is suspected right away.

## Berries and Plants



Late summer and early fall is the time of year when many berries have ripened and look very tempting to children.

Here are a few poison prevention tips to keep your kids safe:

- Teach your children never to put berries or other plant parts in their mouths. Plants that are safe for animals to eat may not be safe for people.
- Learn the names of all your plants. If you do not know the names of your plants, ask for help at a greenhouse or flower shop.
- Label all of your plants with their common and botanical names. In an emergency, you should be able to name the plants over the phone.
- Some common poisonous berries seen in the fall are:



Holly	Jack-in-the-Pulpit
Yew	Nightshade
Pokeweed	American Bittersweet

(Please note: This is not a complete list.)

If you suspect a poisoning from a plant, berry, mushroom or any other substance, call the poison center right away at 1-800-222-1222. Do not wait for the person to feel, look or get sick. You can call 24 hours a day to get free advice about poison safety and treatment.

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