



Safe trick-or-treating tips for Halloween

1. Visit only homes of people you know and trust.
2. Encourage children to wait until they get home before enjoying their treats.
3. Inspect all candy before eating any of it.
4. Only give and take packaged or wrapped candy.

When in doubt, throw it out!

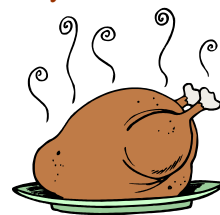
Make-up: Be sure that make-up is applied by an adult. Cosmetics come in all shapes, sizes, colors and smells. Some are liquids and some are sprays while others are solids. They could be potentially dangerous if a child ingests them or gets them in the eye.

Glow sticks: Glow sticks are great for lighting the way while trick-or-treating. If ingested, a glow stick can be a choking hazard and/or cause mild irritation of the mouth. The liquid inside could also irritate the eye.

Thanksgiving

The last thing you want at Thanksgiving dinner is an uninvited guest: food poisoning. Food poisoning is generally a mild illness that results from poor food handling practices. Symptoms can be fever, headache, diarrhea, abdominal discomfort and vomiting. The culprit in food poisoning is bacteria. Proper handling and cooking of your turkey can prevent food poisoning:

- **Do** defrost a frozen turkey by refrigeration or a cold-water bath.
- **Do** allow 1 day for every 5lbs. In the refrigerator, or in a cold-water bath, change the water every 30 minutes. A 20 lb. turkey will take 12 hours to thaw in cold water.
- **Do** use a meat thermometer to check if the turkey is done (180° F).
- **Do** put leftovers in the refrigerator.
- Wash your hands before and after handling the turkey.
- **Do** keep all utensils, dishes, kitchen equipment and work surfaces clean.



- **Don't** defrost a turkey on the counter at room temperature.
- **Don't** refreeze a thawed uncooked turkey.
- **Don't** partially cook the turkey one day and continue roasting the next day.
- **Don't** cook stuffing inside the turkey

- **Don't** leave leftovers on the counter longer than 3 hours.

Home Canning



Autumn is the season for home canning and ...botulism. Botulism is the most serious type of food poisoning. Follow these canning plans to avoid botulism:

- Undercooking is the main problem in home canning.
- Follow cooking instructions; cook at proper heat level and length of time.
- Avoid swelling containers, and those with bulging lids, unusual odors or odd colors.
- When in doubt, throw it out.

Resources

Still unsure about food preparation and handling? Try one of these resources:

Butterball Turkey Talkline
1-800-288-8372

American Dietetic Association website
www.homefoodsafety.org

USDA Meat and Poultry Hotline
1-800-535-4555

Holiday Routines

Did you know that poisonings often happen when routines are disrupted?

Children home from school, visiting relatives, vacations, shopping trips, and celebrations can



disrupt daily household routines. Greater parental supervision may be required during these times to prevent unintentional poisonings.

The Regional Center for Poison Control and Prevention recommends taking the time to poison-proof your child's environment so that everyone has a happy and safe fall season.

Berries

Late summer and early fall is a perfect time to enjoy the outdoors. This season is also when ripened berries are very tempting.

- Teach children to ask before they pick and taste.
- Know which plants and berries are in your yard. Knowing the types of berries in your yard could save valuable time in the event of an exposure.
- Some common poisonous berries seen in the fall are: Holly, Yew, Jack in the Pulpit, Nightshade, Pokeweed, and American bittersweet (this is not an all inclusive list).
- Berries vary in toxicity.

The Poison Control Center is a free and confidential service of the Children's Hospital, Boston. Poison information specialists are available 24-hours-a-day, 7 days a week. Call 1-800-222-1222 if you have a poisoning exposure. TDD toll free 1-888-244-5313. Call 617-355-4163 to order educational materials and ask poison prevention questions.

Check out our website for more information about poisons
<http://www.maripoisoncenter.com>

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Fall Poison Safety Tips

From the Regional Center for Poison Control and Prevention



Serving Massachusetts and Rhode Island

