

Poison Prevention

Newsletter

December 2022

UPSTATE
MEDICAL UNIVERSITY

750 East Adams Street • Syracuse, NY 13210



Food Poisoning...an Unexpected Visitor

The holidays often bring celebrations and festivities, which include sharing meals and other treats with family and friends. During the celebrations, food products can often be left out for hours for nibblers to enjoy.

The poison center reminds you that food poisoning is a serious concern during the holidays and throughout the year. Be sure to keep hot foods hot and cold foods cold, trading them out every two hours, as a rule of thumb, to prevent food poisoning.

Here is more interesting information about food poisoning.

According to the Federal Drug Administration (FDA), there are many causes of food poisoning, including bacteria, viruses, pesticides, natural toxins, molds and even parasites. Although there are many types, including norovirus and salmonella, the most dangerous types of

food poisoning include E. coli and botulism.

Some groups are at a higher risk for food poisoning, including infants, young children, the elderly, those with chronic disease or other health issues, such as weakened immune systems.

Many types of food poisoning cause general symptoms such as nausea, vomiting, diarrhea, and stomach pain. However, other possible symptoms may occur as well.

There are foods that are poisonous such as some kinds of mushrooms and certain types of fish or fish products. Be a wise consumer and know what you are eating to prevent a poisoning.

Consumers can prevent food poisoning by carefully handling the food that they buy, prepare, and serve. Remember, keep hot foods hot and cold foods cold.

Most importantly, wash your hands when handling food products and be sure to wash surfaces thoroughly with hot water and soap to reduce the risk of cross-contamination after preparing raw meats.

If you have any questions or concerns, the Upstate New York Poison Center is ready to take your call 24 hours a day, 7 days a week. The call to make for all things poison!

Retrieved 11/4/22: <https://www.fda.gov/media/77727/download>

Retrieved 11/4/22: <https://tinyurl.com/yu336b6u>

**Click here for a
Holiday Greeting
from the Poison Center**



Upstate Medical University

750 East Adams Street • Syracuse, NY 13210

P: 1.800.222.1222 F: 315.464.7077 W: upstatepoison.org

Carbon Monoxide: Odorless and Potentially Deadly

Furnaces, fireplaces and space heaters help keep homes warm during the winter months, especially here in the northeast. BUT...be sure you take the necessary steps to keep those heating sources in proper working order to avoid carbon monoxide poisoning. At its mildest, carbon monoxide poisoning can feel a little like the flu – causing headaches, dizziness, exhaustion, confusion, fainting and vomiting. (Those affected will often feel symptoms improve when away from the home.) But exposure to carbon monoxide can be more severe and sometimes even fatal.

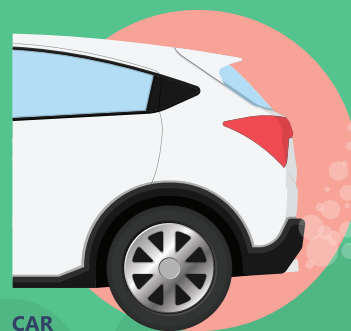
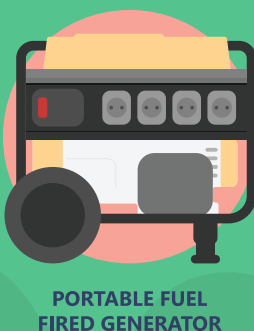
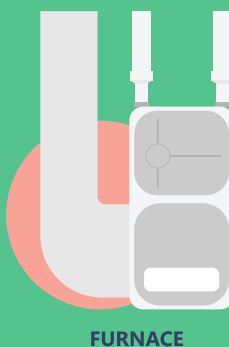
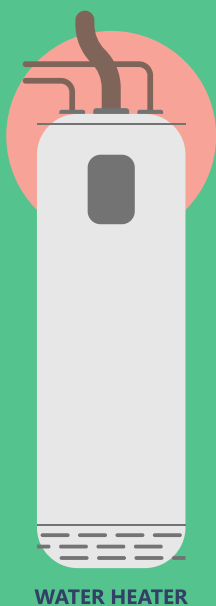
The Upstate New York Poison Center recommends you take the following steps to reduce the risk of carbon monoxide poisoning:

- Have all fuel heating equipment

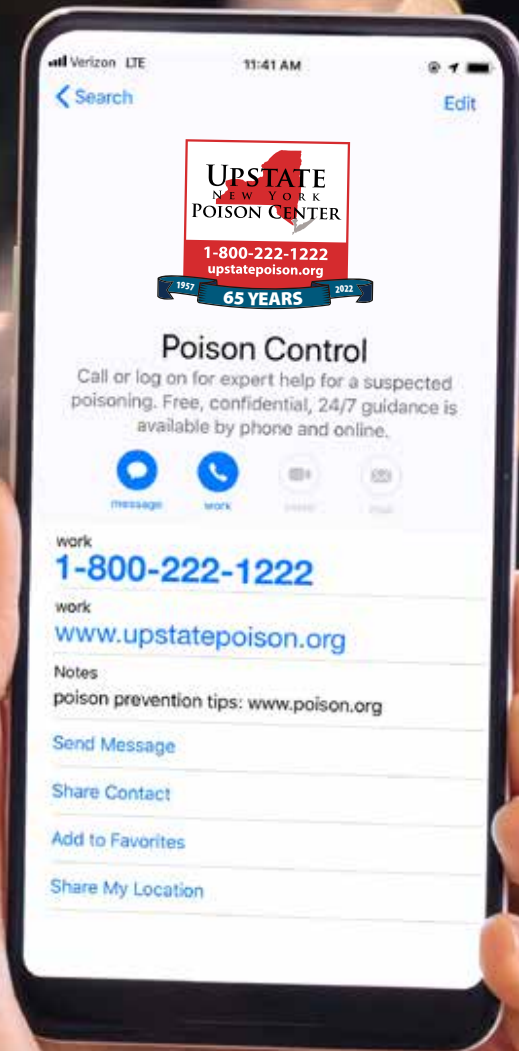
and chimneys inspected by a professional. When using a fireplace, open the flue for adequate ventilation.

- Never use your oven or gas grill to heat your home, garage, closed-in porch or cabin/tent.
- Install CO alarms with battery back-up in your home. Consider installing one on every level of your home and replace detectors every seven years.
- Remove your car from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if the garage door is open. Make sure the exhaust pipe is not blocked by snow.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove and fireplace are clear of snow build up.
- If using a space heater, always place it on the floor and away from anything that could catch on fire. Do not use a power strip when using a space heater. According to the U.S. Consumer Product Safety Commission, an estimated 25,000 residential fires are associated with the use of space heaters every year, causing more than 300 deaths and 6,000 trips to the emergency room.
- If you lose power and choose to use a generator NEVER use it inside your home – not EVER! Not in the basement, garage or even on the porch. Keep any generator outside, at least 20 feet away from any windows, doors or vent openings of a home to prevent carbon monoxide poisoning.
- Remember, the Upstate New York Poison Center is open 24/7 every day of the week, ready to take your call. The call to make for all things poison!!!

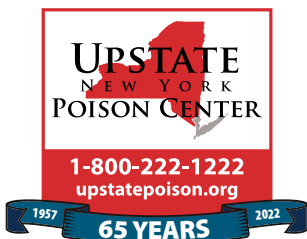
COMMON SOURCE OF CARBON MONOXIDE



Program your cell phone...*just in case*



Poison Emergency? Poison Information?



The call to make for all things poison
Upstate New York Poison Center
1-800-222-1222



+ DID YOU KNOW?

Joel Roberts Poinsett, an American physician and the first US minister to Mexico was also a botanist.

Can you guess which holiday plant was named in his honor? If you guessed **Poinsettia**, you are RIGHT!

Contact with the sap of a poinsettia may cause the skin to develop a mild itch, however, this plant will generally not cause toxic effects in humans. The plant can, however, be toxic to dogs and cats so be sure to keep poinsettias out of the reach of pets.

Don't forget there is a hotline for pets too but know that unlike the calling a Poison Center for people, there is a charge for calling the animal poison hotline.

Animal Poison Control | (888) 426-4435 - ASPCA



STUDENT SPOTLIGHT

Chelsey Antwi
Syracuse University
College of Arts and Sciences
Sophomore

As a biology major at Syracuse University, my hope is to pursue a career in medicine and possibly starting a nonprofit organization someday. This year I am completing a Service-Learning project with the Upstate New York Poison Center's Public Education Team. I was drawn to the Poison Center because the work they do resonates with my lifelong goals of saving lives and making a difference. I am developing a "Poison Prevention Day" project applying all that I have learned about poison prevention to educate young children (and their parents) at my church. This has been a rewarding and personally gratifying experience.

Poison Facts

"All substances are poisons; there is none, which is not a poison. The right dose differentiates a poison from a remedy."
Paracelus, Father of Toxicology

The name of the first 'universal antidote', said to cure all types of poisoning was mithridatium. King Mithridates VI in 150 BC was paranoid about poison. He "cultivated an immunity to poisons by regularly ingesting sub-lethal doses", which he took daily. When his castle was under siege, he tried to poison himself, but because of his advancing age and the dose of antidote he took regularly, he failed at the attempted poisoning.... and died by the sword.

Retrieved: November 1, 2022 https://en.wikipedia.org/wiki/Mithridates_VI_Eupator



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