



**PRESS RELEASE FOR LOCAL MEDIA**

Central Michigan District Health Department  
"Promoting Healthy Families, Healthy Communities"

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**To: Local Newspapers**

**From: Ontell Babbitt, Health Promotion & Preparedness Intern**

**RE: Holiday Safety and Poisoning Prevention**

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**Holiday Safety and Poisoning Prevention**

The holidays are right around the corner. It is the time of year for joy, celebration, and giving thanks. But while enjoying this time with family and friends, it's also important to think about poisonings and safety, especially in children.

According to Safe Kids USA, each year more than 1.2 million kids ages 5 and under are poisoned and for every 10 poisonings, about 9 occur in the home.

Things that **may cause poisoning** in the home include:

- medicines, including pain relievers or even vitamins
- cosmetics
- detergents and other cleaning supplies
- plants, such as holly and mistletoe
- alcohol

There are ways to keep kids safe during the holidays, and even after the celebrations are over. Things that **can be done** to prevent poisonings include:

- Locking up medicines and cleaning supplies out of a kid's sight and reach; remember that homes you might visit may not be completely safe for kids.
- Cleaning up food and alcohol right after a party
- Having one person keep an eye on each child during a gathering.
- Making sure there are carbon monoxide detectors in the home and testing them every month

It's also important to recognize the symptoms of poisoning: nausea, vomiting, pain, trouble breathing, seizure, or confusion. But symptoms may not happen right away. If the person has no symptoms but has swallowed something poisonous, a poison control center should be called or a visit to the nearest hospital might be needed. Keep the number for the Poison Control Center next to the phone; the national hotline number is 1-800-222-1222

This article has been brought to you by the Central Michigan District Health Department, which serves the residents in Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon Counties.

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