



Regional Center for Poison Control and Prevention *Serving Massachusetts and Rhode Island*

Summer Poison Prevention Tips

Summer is the season for picnics and outdoor fun! The following tips will help keep you and your family safe from poison dangers during the warm weather.

Food Safety

Keep cold food COLD, and hot food HOT. Remember to properly cook and store your food. Cook red meat until it looks brown inside (150-165 F°). Cook poultry until the juices look clear, not pink inside (170-180 F°). Cook fish until it flakes. Refrigerate or freeze any leftover food. Never leave cooked foods at room temperature for more than 1 hour.

Paint and Petroleum Products

Paint removers, turpentine, paint thinners, gasoline, kerosene, and charcoal lighter fluid must be used with care and stored away from the reach of children. Fumes from these products can be toxic, so always use in well ventilated areas.



Plants and Mushrooms



Colorful blossoms and bright berries attract children to plants and mushrooms that can be poisonous. Teach children to never put any part of plants in their mouth. Take unknown plants to your local nursery or garden center for identification. Call the Regional Poison Center at 1-800-222-1222 for information on selecting safe plants for the yard or home.

Insect Repellent

Check the ingredients before using insect repellent. DEET is one of the most common ingredients used in insect repellents and it is absorbed through the skin. In high concentrations, DEET can have harmful side effects. Use DEET with caution. The American Academy of Pediatrics recommends that repellents with no more than 10% DEET be applied to children over the age of two. Adults should select repellents with no more than 30% DEET.



Yard and Garden Safety

Insecticides and pesticides can be extremely harmful to people when used improperly. Use protective clothes when spraying and do not spray when windy. Never leave the sprayer unattended – even for a few seconds.

Keep all poisonous products out of the reach of children.

Call 1-800-222-1222 if you suspect someone has been poisoned.