



## Here Comes the Sun -Are You Ready?

As the weather and seasons change so do the types of calls to the Nebraska Regional Poison Center. Many parts of the country had a very wet spring therefore mold and mildew are common problems.

This time of year the number of calls concerning **bleach** exposures rise. Household bleach has many uses around the house but it can cause problems if it gets in the eye or is swallowed. Bleach should never be used with other cleaning products. When it comes in contact with other cleaners that contain acids or ammonia - a dangerous gas can form causing serious breathing problems.

As the weather warms up so do the calls on **bites and stings**. The bee population has started to increase and will be at its peak until the first freeze. If you are stung- call the poison center. Close observation for allergic reaction is important, especially in the first hour after a sting.

With the very wet spring the use of **insect repellents** will be a common call to the poison center. DEET-containing insecticides should be applied sparingly to exposed skin and clothing. Remember, lower concentrations of less than 10% have been found to be just as effective as higher concentrations.

Days are longer and children are out of school spending more time outdoors where they can be exposed to poisons. **Hydrocarbons** found in gasoline, kerosene, lighter fluids and torch fuels, are among the top ten causes of childhood poisoning deaths in the United States. Make sure you store these up and out of reach after use.

When firing up the grill or heading to a picnic, it's important to take some precautions. Remember to keep hot foods hot and cold foods cold. The USDA recommends fully cooking all meats to ensure bacteria are destroyed to prevent **food poisoning**. Meats should be cooked to 160 degrees. Always use a food thermometer as you can't tell if meat is fully cooked by looking at it.

Summer is the busiest time of the year for the poison center and the nurses are always here to answer your questions at 1-800-222-1222.

Program the number of the poison center into your phone before you leave for vacation. By calling 1-800-222-1222 anywhere in the country you will reach a poison center. Call the poison center before you head to the emergency room for a poisoning. The call is free to the public and you will be given expert advice and save yourself money.