

Spring Poison Prevention Safety Tips

Kentucky Regional Poison Control Center



Treat Allergies Safely

Many Kentuckians suffer from allergies, particularly in the spring when pollen and mold fill the air. Medicines, called antihistamines, help control allergies but if misused can be harmful.

Common side effects of antihistamines:

- Dizziness
- Dry mouth
- Drowsiness
- Dilated pupils
- A racing heart

An overdose of antihistamines can cause seizures, heart beat irregularities, and hallucinations.

Safety Tips:

- Read the label every time and follow the directions.
- Always take the right amount of medicine.
- Do not take or give medicine in the dark or when sleepy.
- Never take someone else's prescribed medicine.
- Talk with your doctor about your allergies.

Be Careful during Spring Cleaning

Cleaning products such as bleach, detergent, and glass cleaners can be unsafe. Mixing certain cleaners can create toxic gases. Breathing in these gases can cause coughing, burning of the eyes, nose, and throat, and trouble breathing.

Safety Tips:

- Store cleaning products up high and out of the reach of children.
- Keep all cleaners in their original containers with their original labels.
- Always read the label first and follow the directions.
- Never leave a cleaner open and unattended.
- Do not mix cleaning products.
- Work in well-ventilated areas when using cleaners.
- Dispose of cleaners according to the instructions on the label.

Do you have questions? Call the Kentucky Regional Poison Control Center at 1-800-222-1222. We are here to help!