



Oklahoma Center for  
Poison & Drug Information

(800) 222-1222

# Summer Safety

## Poison Prevention

During the summer, some types of calls to the Poison Center increase as people are spending more time outdoors. Keep the poison help line number programmed in your cell phone so you can reach us when you are on the go. **Call right away if you have an exposure or question about the following products/chemicals.**

### Sunscreen

- Apply sunscreen 30 minutes before going outside and re-apply every two hours or after swimming.
- Sunscreens are less effective if used past the expiration date.
- Certain medications can make your skin burn much faster. Ask your pharmacist or call the poison center to see if this is a concern with your medicine.
- Apply sunscreen carefully to the face and rinse thoroughly if it gets in the eyes.

### Pool Chemicals

- Store products in their original containers in a cool, dry and well-ventilated area out of the reach and sight of children.
- Always add chemicals to the water; never add water to the chemicals.
- Never add chemicals to the water while someone is in the pool.
- Never mix different chemicals unless the label specifically instructs you to do so.
- Follow the label directions exactly regarding the use and disposal of chemicals.

### Insect Repellent

DEET (N, N-diethyl-m-toluamide) is an ingredient in most insect repellents. Concentrations of DEET in repellent can vary widely.

- Do not use insect repellent on infants under the age of 2 months. Instead, use netting over the child's stroller or carrier.
- When using repellent on a child, apply to your own hands and then rub on the skin.
- Only reapply if the repellent is no longer working.
- Wash your hands after applying insect repellent.
- Don't apply repellent under clothing or to broken or irritated skin.
- Do not use repellent near food.
- Keep repellent out of the reach and sight of children.
- Do not use human insect repellent on pets.
- If DEET gets in the eyes, it may cause irritation, pain and watery eyes.
- If DEET products are left on the skin for extended periods of time, you may experience irritation, redness, a rash and swelling.
- Swallowing products containing DEET may cause stomach upset, vomiting and nausea.

You can prevent many poisonings by storing chemicals in their original containers. Do **not** store poisonous products in drinking containers such as glasses or soda bottles.

**POISON**  
**Help**  
**1-800-222-1222**

If you have questions about **summer poisonings**, please don't wait for symptoms to appear! Call 1-800-222-1222.

Specially trained pharmacists and nurses are available 24/7 to assist you with your emergency and answer your questions.

Oklahoma Center for Poison and Drug Information website:  
Oklahomapoison.org

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## **Torch Fuel / Lighter Fluid**

- Keep fuel and lighter fluid out of the reach of children. Some of the most **serious calls** to the poison center involve these products.
- These fuels are lighter than water so if a drink is taken, it is very easy for the liquid to get into the lungs. This can cause permanent lung damage or death.
- In addition to the problems caused by swallowing them, these fuels can be harmful if splashed into the eyes, on the skin or in the nose. Wash your hands after handling these products.
- Coughing, shortness of breath and drowsiness are symptoms of exposure.

## **Fireworks / Glow Sticks**

- Fireworks often come in packages that can look like candy to a child. Swallowing any amount of fireworks can be harmful.
- Burned or used fireworks may still contain chemicals such as potassium nitrate, white phosphorus, barium chlorate, and arsenic. They should be kept out of the reach of children and animals.
- Swallowing a small amount of the liquid from a glow stick is minimally toxic, causing only minor mouth or throat irritation. The liquid also may cause minor skin redness or irritation. Wash off of the skin with soap and water.
- If glow stick liquid is squirted into the eyes, it may cause serious injury. Irrigate the eyes thoroughly using only water. Do NOT use eye drops meant to get redness out of the eyes. Call the poison center after the eyes have been irrigated.