



## The New Jersey Poison Information & Education System

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Department of Health and Senior  
Services and the American  
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Centers

### PRESS RELEASE

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## Prepare for the Easter/Passover Holiday Safely

(Newark, New Jersey) – As residents prepare to celebrate the upcoming Easter/Passover holiday, the New Jersey Poison Control Center recommends the following to keep families safe during the festivities.

### Food Poisoning

- Always wash hands with soap and water before and after handling raw foods.
- Perishable foods like raw/cooked meats, poultry, and seafood should be kept refrigerated. If left at room temperature for 2 hours or more, they should be discarded.
- Symptoms of food poisoning include: nausea, vomiting, abdominal cramps, chills and fever, diarrhea, and weakness. Symptoms can occur 1-8 hours after eating "toxic" food.

### Eggs

- Always wash hands with soap and water before and after handling raw eggs.
- Raw eggs may carry bacteria known as Salmonella. Cook eggs fully before decorating. If you use raw eggs for cookie dough or cake batter, be sure to use eggs pasteurized in their shells so licking the spoon may be safe. If you happen to touch the liquid inside of a raw egg, immediately wash your hands with soap and water.
- Refrigerate colored eggs. Even though hard-boiled eggs are cooked, they should not be out at room temperature for more than 2 hours.
- If eggs will be used to hide for an egg hunt, decorate one set for hiding and another set for eating.

### Chocolate

- Chocolate can be toxic to both cats and dogs. Symptoms include convulsions, heart problems, nausea, and vomiting.

### Easter Grass

- Keep away from young children and pets as this product can be a choking hazard. It can cause intestinal obstruction if ingested.

### Easter Egg Dye

- Be sure to use only food dye to color eggs.; most of these are non toxic. Despite their lack of serious toxicity, children should be supervised at all times while decorating their eggs. If small amounts are eaten, there is not much of a problem. A trip to the emergency room may result if a large amount is eaten.

### Easter Plants

- Easter Lilly: Keep away from pets. Poisonous to cats.
- Lily of the Valley: If ingested, this plant can cause heart problems.
- Tulips and other bulb spring flowers: The bulbs can be irritating to your skin. If swallowed, they can cause distress.

If you suspect a poisoning, call the poison control center for immediate treatment advice, as well as, for prevention information. **CALL THE POISON CONTROL CENTER'S HELP HOTLINE IMMEDIATELY at 1-800-222-1222**, for treatment advice. The hotline may be used for emergency poisonings as well as for non-emergency questions regarding medications, household products, plants, environmental contaminants, or other poisons. The hotline is accessible 24 hours a day, 7 days a week! Remember, **Help Is Just a Phone Call Away!**

located at University of Medicine & Dentistry of New Jersey