



HAPPY HOLIDAYS

# 'TIS THE SEASON

for Safety and  
Holiday Cheer



1-800-222-1222



**New  
Jersey  
Poison  
Center**



## NJ POISON CONTROL CENTER WARNS SOME HAZARDS HIDE IN PLAIN SIGHT



The holiday season is upon us, and with it comes a never-ending “to-do” list that only seems to grow as the days count down to the holiday celebrations. Although this is a wonderful time of year, the hectic nature of the holiday season often distracts people from paying attention to what’s happening around them, especially in their homes and when visiting others.

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"Whether you're traveling or hosting this year, accidental mishaps involving potential dangers are expected to happen, especially when many hide in plain sight," said Bruce Ruck, managing director of the [New Jersey Poison Control Center](#) at [Rutgers New Jersey Medical School](#).



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## POTENTIAL POISONS CAN BE FOUND IN EVERY HOME

from holiday decorations to children's toys and foods to adult recreational products, including alcohol, psychedelic mushrooms and cannabis (marijuana) edibles.

“The dangers of some hazards like cleaning products and medicines are well known,” Ruck said. “However, other hazards like carbon monoxide, button batteries and small magnets hide unsuspectingly in homes. It only takes seconds for common, everyday items to go from safe to dangerous.”

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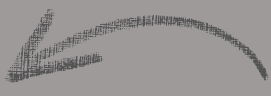




# HOLIDAY SAFETY TIPS



Give guests a safe space to keep potentially dangerous items including marijuana edibles, medicines, vapes and nicotine products and hand sanitizers. Guests can lock these items up in their luggage or a lockable bag, drawer, cabinet, or closet.



Use caution with antique ornaments and those not made in the United States. These items may be decorated with harmful lead paint.



Don't burn wrapping paper, foil, garland or tinsel. Inhaling the fumes can be harmful.

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# HOLIDAY SAFETY TIPS



Decorate with plants that aren't poisonous if you have young kids or pets.

Snow spray should only be used in areas with good air circulation to prevent inhaling potentially harmful fumes. Keep this product away from flames.



Many flavored baking extracts contain high amounts of alcohol, the same alcohol found in liquor, wine and beer. Keep extracts out of sight and reach of kids and pets.



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# HOLIDAY SAFETY TIPS



Carbon monoxide (CO) kills hundreds of people every year and makes thousands sick. Have working CO detectors on every level of your home.

If the CO alarm sounds at any time, leave immediately and call for help when outside. If you have questions about carbon monoxide poisoning, call the Poison Help line at 1-800-222-1222 to reach the New Jersey Poison Control Center.

**If traveling out of the U.S., consider packing a portable CO detector. Some countries don't require hotels and other vacation rentals to have CO detectors.**

Keep household items with lithium button batteries (or coin batteries) and small magnets out of sight and reach of children and pets. Batteries and magnets are choking hazards and can cause serious and irreversible damage to internal organs.

Alcohol poisoning can cause serious illness and lasting health effects. Know how much alcohol you are drinking. Empty unfinished alcoholic drinks, especially holiday cocktails, eggnog and punches to prevent kids and pets from accidentally drinking alcohol. These drinks are sweet-smelling and will get the attention of children and pets.



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# HOLIDAY SAFETY TIPS

Use simple [food safety steps](#) to prevent food poisoning, which can cause severe illness. Cooking foods to the right temperature kills germs and prevents people from getting sick. Use a food thermometer to check that foods are cooked to a safe internal temperature.



Although water-absorbing gel beads are not toxic, they are extremely dangerous to anyone at risk of swallowing them or sticking them in the ear or nose, especially young children, people with developmental disabilities, people with dementia and pets. These products expand to dangerous sizes in the body, causing choking and life-threatening blockages or ruptures of internal organs.

Keep items dangerous to pets up high and out of sight and reach – chocolate, candy, products containing xylitol (a sugar substitute that may be described as wood sugar, birch sugar and birch bark), bread, dough, fatty meat scraps, raisins, currants, alcohol, medicine and recreational and illegal drugs. These items can cause serious health effects and death.







## **NJ Poison Control Center**

is a medical resource for both the public and healthcare providers.

If you think someone came in contact with something dangerous, contact the poison control center immediately.

Call the NJ Poison Control Center at 1-800-222-1222 or [Chat Here](#)

If someone is not breathing, hard to wake up, or having a seizure, call 9-1-1