**Palmetto Remedy**

**Summer 2008**

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**Don't get the Barbeque Blues...**

*Be careful what you light up.*

Summer is upon us and it is time to celebrate with family and friends. While your relaxing backyard barbeque may be lots of fun, it can also pose some serious health risks. In order to get the grill up and going many people use lighter fluid. Lighter fluid may be a charcoal briquettes best friend but when injected by a child or an adult it can become their worst enemy. Often times people don't think of storing lighter fluid out of the reach of children or keeping it in it's original container. Never put lighter fluid in a drink container because it can easily be injected by an unsuspecting child or adult. Lighter fluid can cause serious injury when it is inhaled into the lungs. It is a hydrocarbon that can also affect the heart, brain, or even cause death upon ingestion. Let's keep the fun in our summer barbecues by preventing these types of poisonings.

*You are what you eat and drink.*

Food poisoning and alcohol poisoning are more common during holiday festivities and family celebrations. Foods can become poisons when they are not handled, stored, or cooked properly. To prevent food poisoning:

- Store food in an insulated container that keeps it hot or cold.
- Refrigerate food within two hours of cooking to limit bacterial growth (One hour if above 90 degrees)
- When in doubt, throw it out

If alcoholic beverages are consumed at your next barbeque make sure that they are kept out of the reach of children. Alcohol can cause low blood sugar and can be fatal to children as well as adults.

To keep kids safe all year teach them to ASK FIRST before they eat or drink anything. They should do this at home, at a friends house, and even at grandma's house!

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**Fun in the Sun**

Schools are out and trips to the beach, park, and pool are in. In order to keep your family safe this summer here are a few Sun Safety Tips:

- While in the sun apply sunscreen every couple of hours or after swimming. Don't forget those hard to reach places.
- Sunscreen should be used as directed and kept out of the reach of children.
- Avoid getting sunscreen in the eyes and if it does happen flush with water immediately.
- Accidentally consuming large amounts of sunscreen can cause nausea, vomiting, and diarrhea...Yuk!

**Take the sting out of your summer vacation!**

The beach is a popular destination for summer vacations. Jellyfish stings are an unwelcome event that can ruin your ocean swim. Here's what to do if one stings you:

- Flush the skin first with sea water--DO NOT USE FRESH WATER
- Soak the area with vinegar to disarm the stinging cells.
- Remove any visible stinging cells with a slurry of baking soda and shave the area with the edge of a credit card.
- Call the Palmetto Poison Center Immediately at 1-800-222-1222

**Free and Confidential**

1-800-222-1222

Available 24 Hours a day 365 Days a year

Information provided by nurses and pharmacists who are trained in toxicology.

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