

# Seasonal Tips: Holidays

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## Halloween

### Treats

- Check all treats before your child eats them. Tell your child why doing this is important.
- Make sure your child eats treats ONLY if they are in their wrapper from the store. Throw away candy if wrappers are faded, have holes or tears, or if the candy has been unwrapped.
- Check fruit and homemade treats to make sure they are safe to eat. Allow your child to eat such items only if someone you know and trust offered them.
- Some treats (for example, chocolate) can be poisonous to pets.

### Glow Sticks or Light Sticks

- Glow sticks, light sticks and other objects that glow sometimes break. Children can chew them open. While these chemicals are not very poisonous, the chemicals can irritate the skin and eyes. If swallowed, the chemicals can cause a burning feeling. Contact Poison Help (1-800-222-1222) with any questions.

### Makeup

- Some makeup products can cause mild to serious problems. When choosing Halloween makeup, look for makeup that is not poisonous (non-toxic).
- Wash skin with soap and water right away if a rash or other changes in the skin develop. Symptoms that could be expected from an allergy or sensitivity to a makeup product commonly include: swollen skin, small bumps on the skin, and itching.
- If any makeup is swallowed, treatment depends on the amount ingested, ingredients, and symptoms.



## Thanksgiving

- Thaw turkey in the refrigerator. Allow 1–3 days for thawing. If there is less time, put the turkey in a plastic bag. Cover it with cold water. Keep ice in the water so it stays cold.
- Wash hands AFTER handling turkey or any meat.
- Stuffing should always be cooked and stored separately from turkey.
- Follow cooking directions for turkey on the label.
- Use a meat thermometer to test for doneness. Place the thermometer inside the thigh. Or place it in the thickest part of the breast. The turkey is done when the thermometer reads 165 degrees F at the minimum.
- Refrigerate turkey, gravy, and stuffing after your meal. They will quickly spoil if left out.



## Holiday Decorations

- Most modern ornaments are made with non-poisonous materials. But ornaments more than 25 years old may contain lead.
- Make sure children don't put small ornaments in their mouths. Children can choke on them.
- Bulbs and tree lights may be poisonous if swallowed.
- Mistletoe berries can be poisonous if eaten in large numbers. If mistletoe is used in decorating, make sure children and pets can't reach it.
- Use fake snow only in a well-vented space. The fumes from this product can be dangerous.
- After the snow has dried, small amounts are not harmful if swallowed.

When accidents happen with chemicals or medicine, call Poison Help at 1-800-222-1222. Get help right away from a nurse, pharmacist, or other poison expert. If someone has trouble breathing, call 911 or your local emergency ambulance number right away. [www.PoisonHelp.HRSA.gov](http://www.PoisonHelp.HRSA.gov)

