



WEST TEXAS  
REGIONAL  
POISON CENTER  
at Thomason Hospital



## HOLIDAY HAZARDS

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Exposure to poisonous plants and chemicals are always a threat and the holiday season is no exception. Taking a few precautions will help ensure that you and your loved ones enjoy a happy and safe holiday season. Here are some tips to get you through the hectic holidays safely:

### Alcohol

The incidence of alcohol exposures always increase during the holiday season because children usually have access to left over cocktails. Remember that children tend to imitate adults and they will drink partially filled glasses regardless of the contents. Always empty beverage glasses or punch bowls of alcoholic beverages as soon as guests leave and place them out of reach of curious kids. Keep in mind that alcohol is more toxic to children than adults.

### Tobacco Products

Although cigarettes and cigars contain enough nicotine to be dangerous to children if ingested, actual exposures are rare because of the foul taste. If ingestions do occur, immediate and serious consequences can arise. Empty all ashtrays at the end of the evening or party.

### Gift-Wrap Paper

Most wrapping paper and ribbons are non-toxic, but foil and colored gift-wrap may contain lead. DO NOT let babies chew on any of these products.

### Christmas Tree Ornaments

Most ornaments are made of plastic, glass, thin metal styrofoam or wood and are usually non-toxic. If a child swallows a piece of an ornament, it may cause injury, choking and/or blockage in the intestines. Keep your Christmas tree ornaments in good condition, and throw away any damaged decorations.

### Pine Trees

Christmas trees are usually harmless in regard to toxic exposure. Human poisonings are rare; but ingesting the needles can poison animals.

### Icicles and Tinsel

Since they may contain lead and tin, they may be toxic with repeated ingestions. These may cause choking or obstruction, especially in young children, and small pets.

### Mistletoe and Poinsettias

Mistletoe and Poinsettias rarely causes human poisonings. However, if more than a leaf is ingested, Mistletoe can be toxic, causing a rise in blood pressure and confusion. Poinsettias can cause stomach and skin irritation. Keep these and all plants away from children and pets to prevent accidental ingestion.

**REMEMBER:** We're Only A Phone Call Away...If You Have An Actual or Suspected Emergency or Question, Please Call Our THOMASON'S WEST TEXAS REGIONAL POISON CENTER 24-HOUR BILINGUAL HOTLINE.



**1-800-222-1222**