

10 Tips to Avoid Summer Hazards: Keep Loved Ones Safe Not Sorry

San Francisco, CA – July 12, 2010 – Heading outdoors for fun is a right of summer, but too much sun and surf, as well as insects and snakes can quickly ruin a hike or a day at the beach. California Poison Control System (<http://www.calpoison.org>) offers 10 tips for staying safe. For more free weekly safety tips to cell phones, text the word TIPS or PUNTOS for Spanish to 69866. The 10 tips are:

1. Prevent insect bites with a repellent containing DEET.
2. If you are stung by a bee, wasp or yellow jacket, wash the bite with soap and water and then ice it. If you are allergic to bees, call Poison Control at 1-800-222-1222.
3. If you see a bee swarm, run as fast you can, cover your face and close your mouth. Look for somewhere dark and cold to hide.
4. Snakes enjoy sunbathing too, so wear high shoes or boots and long pants when walking through wild areas; stay on trails; and do not reach into holes or under bushes. Never attempt to pick up any snake. If bitten, stay where you are and call for help.
5. To avoid poison oak or poison ivy, use the slogan "leaves of three, let it be."
6. Do not pick any wild mushrooms to eat. Leave that to your local market or experts.
7. Keep picnic and BBQ food on ice or refrigerated until just before eating. Food is not safe to eat if it has been sitting out for two hours or more. Toss it.
8. Doing summer planting? All parts of azaleas and rhododendrons are poison. Symptoms include burning in the mouth, lots of saliva, nausea and vomiting and diarrhea. Call poison control at 1-800-222-1222.
9. Avoid alcohol while swimming or boating, always wear lifejackets, learn CPR and fence off pools.
10. Use a hat and sunglasses and find shade during peak hours of strong sun – from 10 am to 4 pm.

If you or friends and family encounter any summer hazards, stay calm and call California Poison Control System at 1-800-222-1222. Trained certified pharmacists, nurses and poison information providers to help 24 hours a day, seven days a week. The service is free, confidential and interpreters are always available. Become a fan on Facebook at California Poison Control System and follow us on Twitter @poisoninfo.

The CPCS has four divisions located at UC Davis Medical Center in Sacramento, San Francisco General Hospital in San Francisco, Children's Hospital Central California in Fresno/Madera and the UC San Diego Medical Center in San Diego. The CPCS is part of the University of California San Francisco School of Pharmacy and responsible to the California Emergency Medical Services Authority.

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