

Poison Smarts

POISON PREVENTION TIPS FOR THE COMMUNITY

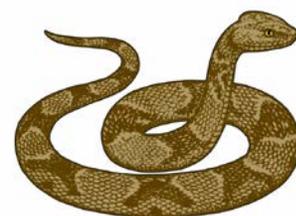
Rocky Mountain Poison Center's specially trained nurses, pharmacists, and paraprofessionals are available to answer your questions at any time, every day of the year! Call us at 1-800-222-1222

Spotlight on Snakebites!

It's summer! Many are venturing out into the sunshine to enjoy hiking trails, mountain biking and picnics. It's important to remember that we're not the only ones out enjoying the weather. In climates like ours, rattlesnake sightings are common. If you are bitten by a snake, it's important to remember that although they can be serious, rattlesnake bites are treatable and rarely fatal.

Do:

1. Remain calm.
2. Wash the area gently with mild soap and cool water if able.
3. Do not elevate the limb. If the hand is bitten, keep arm at level of heart.
4. Remove any constricting clothing, watches, and/or jewelry from the area.
5. Call your local poison center immediately at 800-222-1222.



Don't:

1. DO NOT try to capture or kill the snake. Remember that even if a snake is beheaded, the head can still maintain the instinct to strike.
2. DO NOT apply a tourniquet. Tourniquets can actually make matters worse.
3. DO NOT attempt to cut open the wound and "suck the poison out". This not only fails to remove the venom, but can cause further damage to the area. It can also introduce bacteria from the mouth into the wound.
4. DO NOT apply ice or heat. These measures won't slow the venom down and may cause more damage.
5. DO NOT apply any electrical current or try to "shock" the area. This does not help and may cause further damage/burns.

Wear appropriate footwear and socks when you're out in nature (ie closed-toe shoes, no flip flops!) Keep your eyes and ears open! If you see/hear a snake, stay calm and back away slowly.

Did you know that there are several ways to reach us here at RMPDC? Now you can call, chat, or e-mail us at www.rmpdc.org

Want to teach Poison Prevention to kids or educators? Take our new online course at <https://training.rmpdc.org/>

Celebrating Over 60 Years of Serving the Community & Industry

Poison Center / Drug Center / Research & Consulting / Medical Toxicology

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