



# Health Beat



Health news and facts compiled by the Meriden Public Library

December 2018

## It Might Be Dangerous If ...

**M**istletoe, holly and poinsettias are commonly used as decorations during the holidays.

But these are considered potentially poisonous and should be kept out of the reach of kids.

Symptoms of poisoning can include rashes, nausea, vomiting and diarrhea. If you suspect poisoning, immediately call your doctor or the National Poison Center: (800) 222-1222.

Don't overload indoor or outdoor electrical outlets. Electric circuits that are overloaded with lights, decorations, and accessories can start a fire.

Alcohol poisoning is a common risk for children during the holidays. Remove empty and partially empty cups after an adult party where alcohol is served. Even small amounts of alcohol can be dangerous for kids.

### To report unsafe toys...

Call the Consumer Product Safety Commission hotline at **800 638-2772**.

## If You Give Toys for Holidays, Make Sure They're Safe

**T**oys are a fun and important part of every child's development.

But each year, many kids are treated in hospital emergency departments for toy-related injuries.

Choking is a risk for kids ages 3 or younger, who tend to put things in their mouths.

Manufacturers follow guidelines and label most new toys for specific age groups.

But the most important thing a parent can do — especially when it comes to young children — is to supervise play.

The U.S. Consumer Product Safety Commission closely monitors and regulates toys. Any toys made in — or imported into — the United States after 1995 must follow federal standards.

Here are some general guidelines to keep in mind:

- Toys made of fabric should be labeled as flame resistant or flame retardant.
- Stuffed toys should be

washable.

- Painted toys must use lead-free paint.
- Art materials should say nontoxic.

Steer clear of older toys,



even hand-me-downs from friends and family. These might not meet current safety standards.

And make sure a toy isn't too loud for your child. The noise of some rattles, squeak toys, and musical or electronic toys can damage hearing.

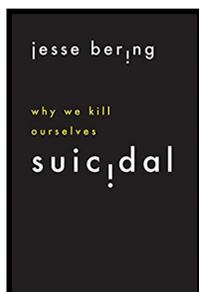
Check toys regularly to make sure that they aren't broken or unusable.

—Kidshealth.org



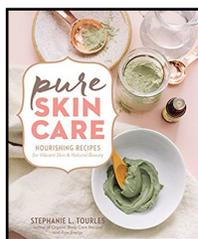
## New Books at the Meriden Public Library

These health-related books can be found in the “New Books” area:



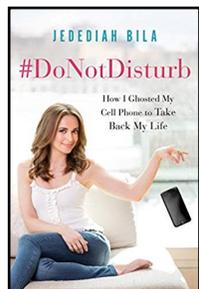
*Suicidal: Why We Kill Ourselves*

by Jesse Bering,  
362.28 BE



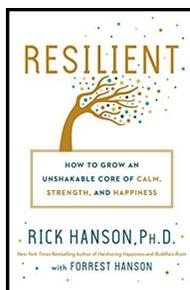
*Pure Skin Care: Nourishing Recipes for Vibrant Skin & Natural Beauty*

by Stephanie L. Tourles,  
646.7 TO



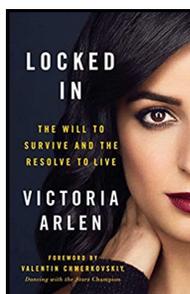
*#DoNotDisturb: How I Ghosted My Cell Phone To Take Back My Life*

by Jedediah Bila,  
616.85 BI



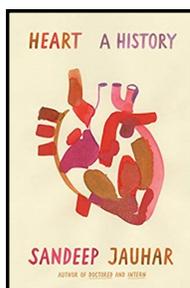
*Resilient: How To Grow an Unshakable Core of Calm, Strength, and Happiness*

by Rick Hanson,  
with Forrest Hanson,  
155.24 HA



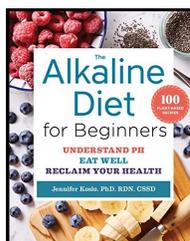
*Locked In: The Will To Survive and the Resolve To Live*

by Victoria Arlen,  
BIO Arlen



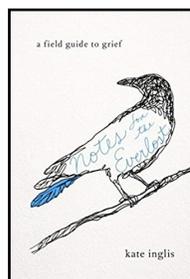
*Heart: A History*

by Sandeep Jauhar,  
612.17 JA



*The Alkaline Diet For Beginners: Understand Ph, Eat Well, and Reclaim Your Health*

by Jennifer Koslo,  
641.56 KO



*Notes for the Everlost: A Field Guide to Grief*

by Kate Inglis, 155.937 IN