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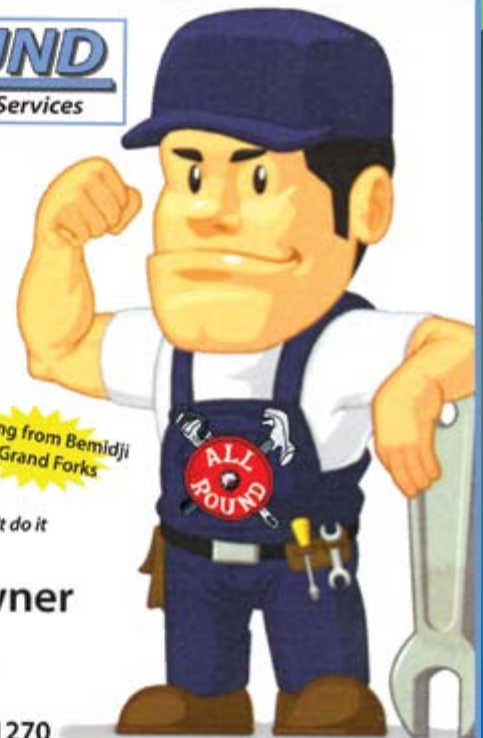
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Polk County



Pennington County



Red Lake County



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LOCAL AREA EVENTS

JANUARY

Gala for Girls | Crookston
United Way Soup & Chili Cook Off | Crookston
Ice Stock Car Racing | Erskine
Snowmobile Safari | Oklee

FEBRUARY

Valentine Dance | Climax
Figure Skating Exhibition | Crookston
Ice Buster Daze | Crookston
Black History Month Celebration | Crookston
Comet Ride | Red Lake Falls

MARCH

Golf Night | Climax
Pancake Dinner | Climax
Dreams on Ice Show | Crookston
Deer Hunters Banquet | Crookston
Ag Days | Red Lake Falls
Home, Sport & Family Show | Thief River Falls
Ice Show | Thief River Falls

APRIL

Spirit of Cinco de Mayo Celebration |
Crookston
Swing Into Spring | McIntosh

MAY

Memorial Day Dinner | Lengby
Archery Tournament | Thief River Falls
Hugos Kids Triathlon
Sanford Health Triathlon | Thief River Falls
Thief River Falls Area Community Theatre |
Thief River Falls

JUNE

Small Town Saturday | Climax
Small Engines & Tractor Show | Crookston
Summer Musical | Crookston
Grand Cities Art Fest | East Grand Forks
Water Carnival | Erskine
Community Rummage Sale | McIntosh
Airport Fly-In Breakfast | Red Lake Falls
Creative Craft Festival | Thief River Falls
Lions Fish Fry | Winger
Winger Craft Show
Thief River Falls Area Community Theatre |
Thief River Falls

JULY

Polk County Fair | Fertile
Fertile 125th Anniversary Celebration
Sertoma Fun 4th & Fireworks |
East Grand Forks
Crazy Days | Fosston
4th of July Celebration | Goodridge & Lengby
Gully Celebration
Maple Lake Arts & Crafts Festival | Mentor
Red Lake County Fair | Oklee
Sedestal Laget | Oklee
Independence Day | Mentor, Plummer & Trail
Summerfest | Red Lake Falls
Pennington County Fair | Thief River Falls
Thunder on Hooves Bullride | Thief River Falls
Thief River Falls Area Community Theatre |
Thief River Falls

AUGUST

Ox Cart Days | Crookston
Cats Incredible Catfish Days |
East Grand Forks
Heritage Days | East Grand Forks
Crazy Days | Fertile
Classic Car Show | Fosston
French Chautauqua Arts Festival |
Red Lake Falls
Archery Tournament | Thief River Falls
Bountiful Harvest | Thief River Falls
River Fest | Thief River Falls

SEPTEMBER

Blast to Brooks | Brooks
King of Trails Marketplace | Crookston
Museum Threshing Bee | Crookston
Potato Bowl | East Grand Forks
Heritage Days | Fosston
Craft & Market Day | McIntosh
Great American Block Party | Thief River Falls

OCTOBER

Arts & Crafts Show | East Grand Forks
Community Craft Sale | Fertile
Craft Show | Fosston
Community Craft Sale | Oklee

NOVEMBER

Lutefisk & Meatball Dinner | Climax
Christmas Craft Show | Crookston
Red River Valley Arts & Craft Show |
Crookston
Country Crafters Craft Sale | Thief River Falls
Holiday Craft Fair

DECEMBER

Card Playing Tournament | Climax
Winter Wonderland | Crookston
First Night | East Grand Forks
Christmas Festival | East Grand Forks
Magical Holiday Craft Show | Erskine
Radar Run | Red Lake Falls
Tree Walk for Hospice | Thief River Falls

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County Coordinator	281-5408
Facilities Management	281-5408
Human Resources	281-5408
Incinerator	435-6501
Information Technology	281-5408
License Center	281-5423
Planning & Zoning	281-5700
Public Health	281-3385
Public Works	281-3952
Recorder	281-3464
Sheriff	281-0431
Social Services	281-3127
Soil & Water Conservation	281-6070
Solid Waste	281-6445
Treasurer	281-2554
Tri-County County Corrections	470-8100
U of M Extension	281-8027
Veterans Services	281-3066

PENNINGTON COUNTY

Assessor	(218) 683-7029
Attorney	681-0773
Auditor	683-7000
Court Administration	683-7023
Highway Engineer	683-7017
License Center	683-7020
Public Health	681-5950
Recorder	683-7027
Sheriff	681-6161
Social Services	681-2880
Soil & Water Conservation	683-7075
Solid Waste	683-7030
Treasurer	683-7022
U of M Extension	683-7030
Veterans Services	683-7034

RED LAKE COUNTY

Assessor	(218) 253-2596
Attorney	253-2780
Auditor	253-2598
Court Administration	253-4281
Highway Engineer	253-2697
License Center	253-2797
Recorder	253-2797
Sheriff	253-2996
Social Services	253-4131
Soil & Water Conservation	253-2593
Solid Waste	253-4121
Treasurer	253-2797
U of M Extension	253-2895
Veterans Services	465-4656





Polk County was originally inhabited by Dakota and Chippewa Indians until a treaty was signed in 1863, opening land for settlement. The original boundaries for Polk County were set in 1858 and formerly included land of present day Clearwater, Pennington, Becker, Red Lake, Mahanomen, Clay, Beltrami, Norman and Marshall Counties. The area began to develop upon railroad construction and Crookston was selected as the county seat. In 1896 its boundaries were reset and again in 1910 to its present location. By 1920 its population had reached 36,019 and the area has continued to develop. Today Polk County is home to approximately 30,776 residents.

BELTRAMI – pop. 91

CLIMAX – pop. 235

CROOKSTON (COUNTY SEAT) – pop. 7,869

EAST GRAND FORKS – pop. 7,849

ERSKINE – pop. 402

FERTILE – pop. 840

FISHER – pop. 402

FOSSTON – pop. 1,468

GULLY – pop. 77

LENGBY – pop. 76

MCINTOSH – pop. 603

MENTOR – pop. 140

NIELSVILLE – pop. 86

TRAIL – pop. 61

WINGER – pop. 196

**Populations are approximate.*

BELTRAMI

Beltrami was settled in 1870 and named in honor of the Italian explorer, Giacomo Constantino Beltrami, who explored the area in 1823. A post office was established in 1878 with Isaac W. Webb serving as the first postmaster. As the railroad was established in 1885 Beltrami continued to grow and the community was incorporated in 1901. Today Beltrami is home to approximately 91 residents.

CLIMAX

Climax was established in the 1880s and its name was derived from the Greek word for ladder or staircase. By 1897 the community was incorporated and housed a post office, mills, bank and specialty shops. As the railroad arrived in 1896, the community was moved one and a half miles southwest to its present location. Today Climax is home to approximately 235 residents.

CROOKSTON (COUNTY SEAT)

Crookston was first settled in 1872 and named in honor of railroad engineer, soldier and politician Colonel William Crooks. The area quickly became a trade and manufacturing center due to its proximity to eight different railroad lines and Crookston was selected as the county seat. By 1879 the community was incorporated and housed a variety of businesses including the county jail. The area continued to develop and in 1895 the University of Minnesota Crookston was established as an agricultural high school, now boasting over 1,300 students and a diverse curriculum. Today Crookston is home to approximately 7,869 residents.

EAST GRAND FORKS

East Grand Forks was established after the Civil War and the area began as trade and transportation center. It was first recognized as Nashville until 1883 when it was renamed East Grand Forks and the community was incorporated in 1887. Railroad development sparked growth and its proximity to the Red River attracted many settlers. The area has witnessed several devastating floods throughout its history, but residents have rebuilt resiliently. Today East Grand Forks is home to approximately 7,849 residents.

ERSKINE

Attracted to the fertile soil and access to water, Erskine was settled in 1889 and a post office was established that same year. The community was named in honor of John Q. Erskine who platted the local streets and by 1900 housed several grain elevators, mills and a general store. In 1917 Erskine was incorporated and the area has continued to thrive. Today Erskine is home to approximately 402 residents.

FERTILE

Fertile was founded in 1879 and named after Fertile, Iowa, from where many settlers originated from. The first post office was established in 1881 with John S. LaDue serving as postmaster. Streets were platted by James and Caroline Holmes in 1887 and the community was incorporated the following year. Today Fertile is home to approximately 840 residents.

FISHER

Located near the Red Lake River, Fisher was originally recognized as Shirt-Tail Bend. As a post office was established in 1874, the community was renamed Fisher's Landing in honor of William H. Fisher, attorney and railroad president. As rail lines were constructed in 1878, the area continued to grow and was again renamed to its present name, Fisher. In 1881 Fisher was incorporated and the community has continued to develop. Today Fisher is home to approximately 402 residents.

FOSSTON

Fosston was first settled in 1876 and named in honor of Louis Foss, who established a general store and a nearby post office in 1883. In 1884 W.J. Hilligoss purchased the townsite and established the first hotel. Streets were platted by Norman Lewis and a newspaper office was constructed. As rail lines were set, Fosston began to thrive and the community was incorporated in 1895. Today Fosston is home to approximately 1,468 residents.

GULLY

Gully was settled in the 1880s as a railway village and named after the gully or valley that the railroad crossed in the area. The first post office was established in 1896 and by 1900 housed a lumberyard, hotel and a mill. As the area continued to grow, Gully was incorporated in 1924 and the community has continued to thrive. Today Gully is home to approximately 77 residents.

LENGBY

Attracted to the fertile soil and access to water, Lengby was settled in the 1870s. The first post office was established with Carl Hasselton serving as the first postmaster. As the railroad was constructed in 1898, Lengby began to develop. Businesses were established to meet the growing needs of the community and by 1905 the community was incorporated. Today Lengby is home to approximately 76 residents.

MCINTOSH

Located in King Township, McIntosh was named in honor of local resident Angus J. McIntosh, who established the first hotel and served as the area's first postmaster in 1884. McIntosh donated land for the townsite and railroad construction sparked development. The community was incorporated in 1891, again in 1911 and the area has continued to grow. Today McIntosh is home to approximately 603 residents.

MENTOR

Mentor was established in 1882 and named after Mentor, Ohio, from where many settlers originated. A post office was established that same year with George H. Tripp serving as postmaster. Streets were platted in 1892 and construction of the railroad allowed for growth. By 1902 Mentor was incorporated and the area has continued to develop. Today Mentor is home to approximately 140 residents.

NIELSVILLE

Located in Hubbard Township, Nielsville was first settled in 1872 by Nels C. Paulsrud, from whom the name of the community is derived. A post office was established in 1883 and as a railway station was constructed, Nielsville began to develop and the community was moved one and a half miles northwest to its present site. Today Nielsville is home to approximately 86 residents.

TRAIL

Located in Gully Township, Trail was settled in the 1880s and named after a local Indian trail. Construction of the railroad sparked growth as goods and passengers were easily transported. By 1910 Trail was incorporated and the community has continued to thrive. Today Trail is home to approximately 61 residents.

WINGER

Winger was founded in 1885 as Ingebret Messelt established a general store. In 1886 Messelt established a post office and served as the area's first postmaster. In 1905 streets were platted by the Soo Line Railroad Company and the area began to develop as the fertile soil attracted new residents. In 1921 Winger was incorporated and the community has continued to grow. Today Winger is home to approximately 196 residents.



Pennington County was originally inhabited by Dakota and Chippewa Indians until a treaty was signed in 1863, opening land for settlement. Pennington County was formed from parts of Red Lake and Polk Counties in 1910 and named in honor of railroad president Edmund Pennington. The area began to grow as rail lines were constructed and by 1900 its population had reached 12,091. Thief River Falls was selected as the county seat and the area continued to grow. Today Pennington County is home to approximately 13,842 residents.

GOODRIDGE – pop. 101

ST. HILAIRE – pop. 279

THIEF RIVER FALLS (COUNTY SEAT)

– pop. 8,557

**Populations are approximate.*

GOODRIDGE

Goodridge was founded as a railway village in 1914 and its name was derived from the low ridge surrounding the area. Streets were platted in 1915 by the Northern Townsite Company and a post office was established with Jennie Payne serving as the first postmaster. The community was incorporated in 1915 and the area has continued to develop. Today Goodridge is home to approximately 101 residents.

ST. HILAIRE

Located near the Red Lake River, St. Hilaire was platted in 1882 and named by Harry Ives in honor of French author and politician, Jules Barthelemy Saint Hilaire. Ives served as the first postmaster and a railroad station was constructed in 1883. Railroad development sparked growth and St. Hilaire was incorporated that same year. Today St. Hilaire is home to approximately 279 residents.

THIEF RIVER FALLS (COUNTY SEAT)

Attracted to the fertile soil and ample timber, Thief River Falls was settled in the 1880s. Streets were platted in 1887 and the area began as a lumbering community. Its name was derived from the Dakota name for Thief River and nearby rapids. In 1896 Thief River Falls was incorporated and the community became an agricultural trading center. It was selected as the county seat and the area has continued to grow. Today Thief River Falls is home to approximately 8,557 residents.



*R*ed Lake County was originally inhabited by Dakota and Chippewa Indians until a treaty was signed in 1863, opening land for settlement. Red Lake County was formed from parts of Polk County in 1896 and named after the nearby Red Lake River. The area began to grow as the railroad was constructed and by 1900 its population had reached 7,263. Red Lake Falls was selected as the county seat and in 1910 parts of Red Lake County were ceded to Pennington County and the area has continued to develop. Today Red Lake County is home to approximately 4,188 residents.

BROOKS – pop. 137

OKLEE – pop. 368

PLUMMER – pop. 262

RED LAKE FALLS (COUNTY SEAT) – pop. 1,544

**Populations are approximate.*

BROOKS

The first post office in the Brooks area was established in 1883 with Daniel Little serving as the first postmaster. Streets were platted in 1904 and railroad development sparked growth. By 1926 the community housed a hotel, creamery, saloons, general stores and a variety of specialty shops. In 1955 Brooks was incorporated and the area has continued to thrive. Today Brooks is home to approximately 137 residents.

OKLEE

Fertile soil and access to water attracted pioneers to the Oklee area in the 1880s. Oklee was named after settler Ole K. Lee who sold land for development of the community. As the railroad arrived in 1909 streets were platted by the Tri-State Land Company and the area grew as an agricultural center. Oklee was incorporated in 1914 and has continued to develop. Today Oklee is home to approximately 368 residents.

PLUMMER

Plummer was first settled by Charles A. Plummer, a local resident who constructed a mill in 1881 and the community was named in his honor. The first post office was established in 1903 with Hubert H. Finrow serving as the first postmaster. As the railroad arrived the following year, streets were platted and businesses were established to meet the growing needs of the community. Today Plummer is home to approximately 262 residents.

RED LAKE FALLS (COUNTY SEAT)

Attracted to the fertile soil and access to water, Red Lake Falls was settled in 1876. Its name was derived from the Red Lakes and the Red Lake River and the area quickly grew as a lumbering and trading center. A post office was established in 1878 with Ernest Buse serving as the first postmaster. By 1881 Red Lake Falls was incorporated and the community was selected as the county seat in 1896. In 1900 its population had reached 1,885 and the area continued to develop. Today Red Lake Falls is home to approximately 1,544 residents.

BERGE STAFFORD PARK

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BILL LAFAVE PARK

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BOY SCOUT PARK

Thief River Falls | (218) 681-2519

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Brooks | (218) 698-4220

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CENTRAL PARK

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Crookston | (218) 218-1242

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Crookston | (218) 281-1242

FISHER PARK

Fisher | (218) 773-7879

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Gully | (218) 268-4591

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East Grand Forks | (218) 773-8000

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Crookston | (218) 281-1242

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LIONS PARK

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THIEF RIVER FALLS LIBRARY

101 S Main Ave. | Thief River Falls | (218) 681-4325

THIEF RIVER GOLF CLUB

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UMC KIEHLE LIBRARY

2900 University Ave. | Crookston | (218) 281-8399

VALLEY GOLF

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Wednesdays
Happy Hour: 4-6 p.m. • Ladies Night: 7 p.m.
Bar Bingo: 5 p.m. • Texas Hold 'Em: 7 p.m.

Thursdays
Happy Hour 4-6 p.m. • Progressive Bar Bingo: 5 p.m.

Fridays
Happy Hour: 4-6 p.m. • Progressive Bar Bingo: 5 p.m.
Dance to "Texas Connection" 8:30 p.m. - 12:30 a.m.

Saturdays
Pinochle Tournament: 10 a.m. • Bar Bingo: 5 p.m.



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Contact the MN DNR for specific zone areas/dates:

Online: www.dnr.state.mn.us, Toll Free: 1 (888) 665-4236.

You can purchase hunting and fishing licenses by phone: 1 (888) 665-4236.

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01/01/15 - 01/15/15

(2ND SEASON)

03/01/15 - 03/31/15

(3RD SEASON)

09/01/15 - 10/31/15

(4TH SEASON)

12/15/15 - 12/31/15

TURKEY

SPRING

04/15/15 - 05/28/15

FALL

10/03/15 - 11/01/15

DEER HUNT

ARCHERY SEASON

09/19/15 - 12/31/15

FIREARM SEASON - 1A

11/07/15 - 11/22/15

FIREARM SEASON - 2A AND 3A

11/07/15 - 11/15/15

FIREARM SEASON - 3B

11/21/15 - 11/29/15

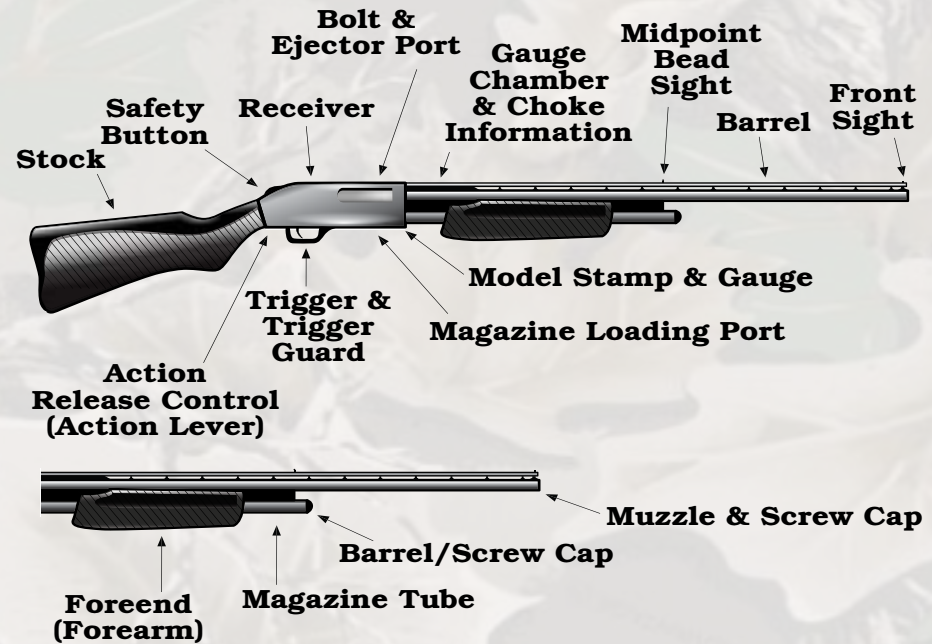
MUZZLELOADER SEASON

11/28/15 - 12/13/15

SMALL GAME - RABBITS, SQUIRRELS

09/19/15 - 02/28/16

**At the time of publication not all of the 2015 Minnesota Hunting Seasons were available. Contact www.dnr.state.mn.us for more information*



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Or visit one of the ELS agents available throughout the area:

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04/26/14 - 02/22/15
Sucker Spearing - 2014 season

04/26/14 - 02/15/15
Bullhead, Redhorse, other rough fish Spearing - 2014 season

04/26/14 - 02/22/15
Bowfishing - 2014 season

05/10/14 - 02/22/15
Walleye, sauger, northern pike - 2014 season

05/10/14 - 02/22/15
Smallmouth Bass - 2014 early season - North and East of U.S. Hwy 53 from Duluth to International Falls and Pelican and Ash lakes in St. Louis County

05/10/14 - 02/22/15
Largemouth Bass - 2014 early season - North and East of U.S. Hwy 53 from Duluth to International Falls and Pelican and Ash lakes in St. Louis County

05/24/14 - 02/22/15
Smallmouth Bass - 2014 season - South and West of U.S. Hwy 53 from Duluth to International Falls and Pelican and Ash lakes in St. Louis County

05/24/14 - 02/22/15
Largemouth Bass - 2014 season - South and West of U.S. Hwy 53 from Duluth to International Falls and Pelican and Ash lakes in St. Louis County

09/08/14 - 02/22/15
Smallmouth Bass - 2014 Catch and Release season only (statewide)

11/15/14 - 02/22/15
Dark House Spearing-2014

01/01/15 - 03/31/15
Stream trout (Winter) SE - 2015 catch and release season

01/17/15 - 01/19/15
Take-a-Kid Ice fishing weekend

05/09/15 - 02/28/16
Smallmouth and Largemouth Bass - 2015 season -North and East of U.S. Hwy 53 from Duluth to International Falls and Pelican and Ash lakes in St. Louis County

05/09/15 - 02/28/16
Walleye, sauger, northern pike - 2015 season

05/09/15 - 05/22/15
Smallmouth and Largemouth Bass - 2015 early Catch and Release season Only -South and West of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County

05/09/15 - 05/10/15
Take-a-Mom fishing weekend

05/23/15 - 09/13/15
Smallmouth Bass - 2015 Season -South and West of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County

05/23/15 - 02/28/16
Largemouth Bass - 2015 season -South and West of US Hwy 53 from Duluth to International Falls except Pelican and Ash Lakes in St. Louis County

06/05/15 - 06/07/15
Take-a-Kid fishing weekend

06/06/15 - 12/01/15
Muskellunge (Muskie) - 2015 season

09/14/15 - 02/28/16
Smallmouth Bass - 2015 late Catch and Release Only season-South and West of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County

*Contact the MN DNR for specific zone information by calling:
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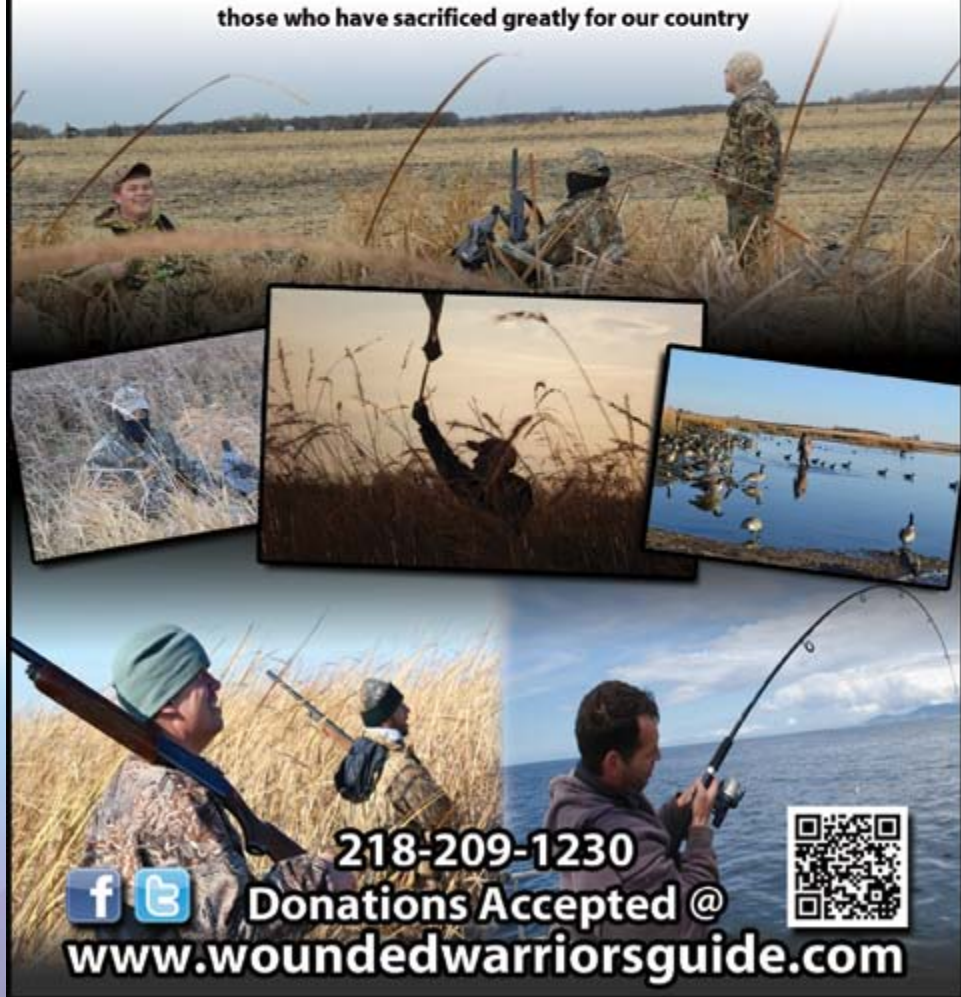


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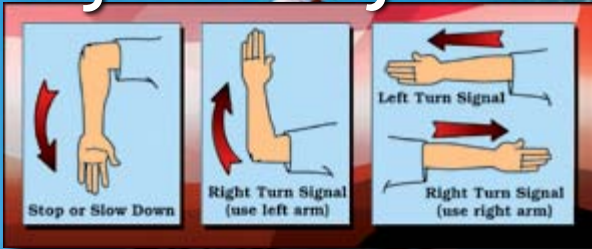


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Bicycle Hand Signals



Snowmobile Hand Signals

Communication is an essential part of safe riding. Hand signals are a practical way to communicate between other riders and traffic. Be sure to give easy to see and clear hand signals when snowmobiling. Hand signals should never be subtle, but always deliberate.

Right Turn 	Slowing
Stop 	Sleds Following
Left Turn 	Last Sled in Line
Oncoming Sleds 	



Read the owner's manual and know your vehicle thoroughly.

- Check your vehicle before you ride.
- Wear protective equipment and clothing.
- Don't lend your vehicle to unskilled riders.
- Supervise young or inexperienced riders.
- Never carry a passenger on vehicles meant for one rider.
- Do not operate under the influence of drugs or alcohol.
- Drive at speeds that are appropriate to trail conditions.
- Stay to the right on trails.
- Stay away from thin ice, open water and wetlands.
- Know the weather forecast.
- Make sure headlights and taillights work properly.
- Maintain safe distances between other riders.
- Reduce your speed when riding at night.
- Yield to other motor vehicles and trail users.
- Young or beginning riders are encouraged to take a safety training course.

Know Your ATV

Drink lots of Water!

- Always wear a properly fitting bike helmet as most serious injuries are to the head.
- Be sure your handlebars, seat and wheels fit snugly.
- Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure.
- Always ride with both hands on the handlebars except when doing turn signals.
- When leaving a driveway, curb or alleyway always stop and check for traffic in both directions.
- Cross only at intersections.
- Use the crosswalk to walk your bike across busy intersections and follow the traffic signals.
- Never ride against traffic. Travel in the same direction as the cars.
- Whenever you can, use bike routes and avoid busy streets.
- Don't ride near parked cars as doors can open and cause accidents.
- Obey all traffic signs and traffic lights.
- When biking with friends, ride in a single file.
- Always pass other bikers or pedestrians on the left and say "On your left!" to make your presence known.
- Always use bicycle hand signals to alert traffic of your changing direction.

Be Cautious of Other Bikers

PRIVATE PROPERTY
NO TRESPASSING

Please respect private property and no trespassing signs. Stay on trails. Exercise extreme caution on all lakes and streams. Obey all state and local laws and ordinances. Do not operate snowmobiles/ATV's on county roads or state highways.

- Do not consume alcohol or take drugs prior to or during your snowmobile trip. Doing so increases your chances of injury or death.
- Slow down and don't cut to the inside of the trail corners. It's dangerous and illegal.
- If you snowmobile at night, don't override your lights.
- Always use the buddy system. Never ride off alone.
- Drowning is one of the causes of many snowmobile fatalities. Whenever possible, avoid the ice.
- Wear sensible, protective clothing designed for operating a snowmobile.
- Use a full size helmet, goggles, or visor to prevent injuries from twigs, stones, ice chips and other debris.
- Avoid wearing long scarves. They may get caught in moving parts of the snowmobile.
- Know the terrain you are going to ride. If unfamiliar to you, ask someone who has traveled over it before.
- Know the weather forecast, especially the ice and snow conditions.
- Be sure your snowmobile is in top-notch mechanical condition throughout the months of use.
- Familiarize yourself with the snowmobile you are driving. Thoroughly read the manual that accompanies the snowmobile.
- Do not pursue domestic or wild animals. That is not the conduct of a sportsman. Report such violations to the nearest law enforcement officer.

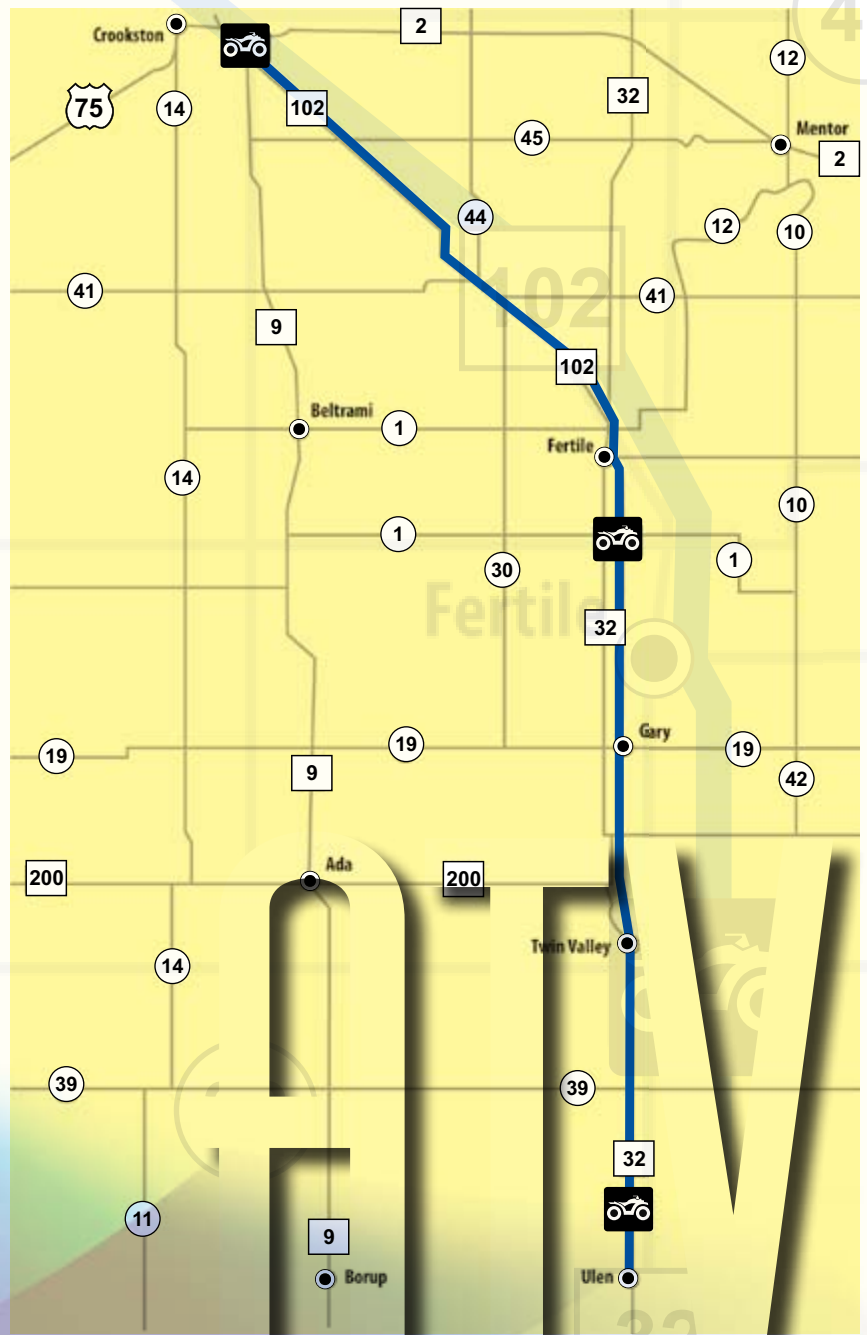
Slow Down!

Snowmobiling is fun. Going to the hospital isn't.



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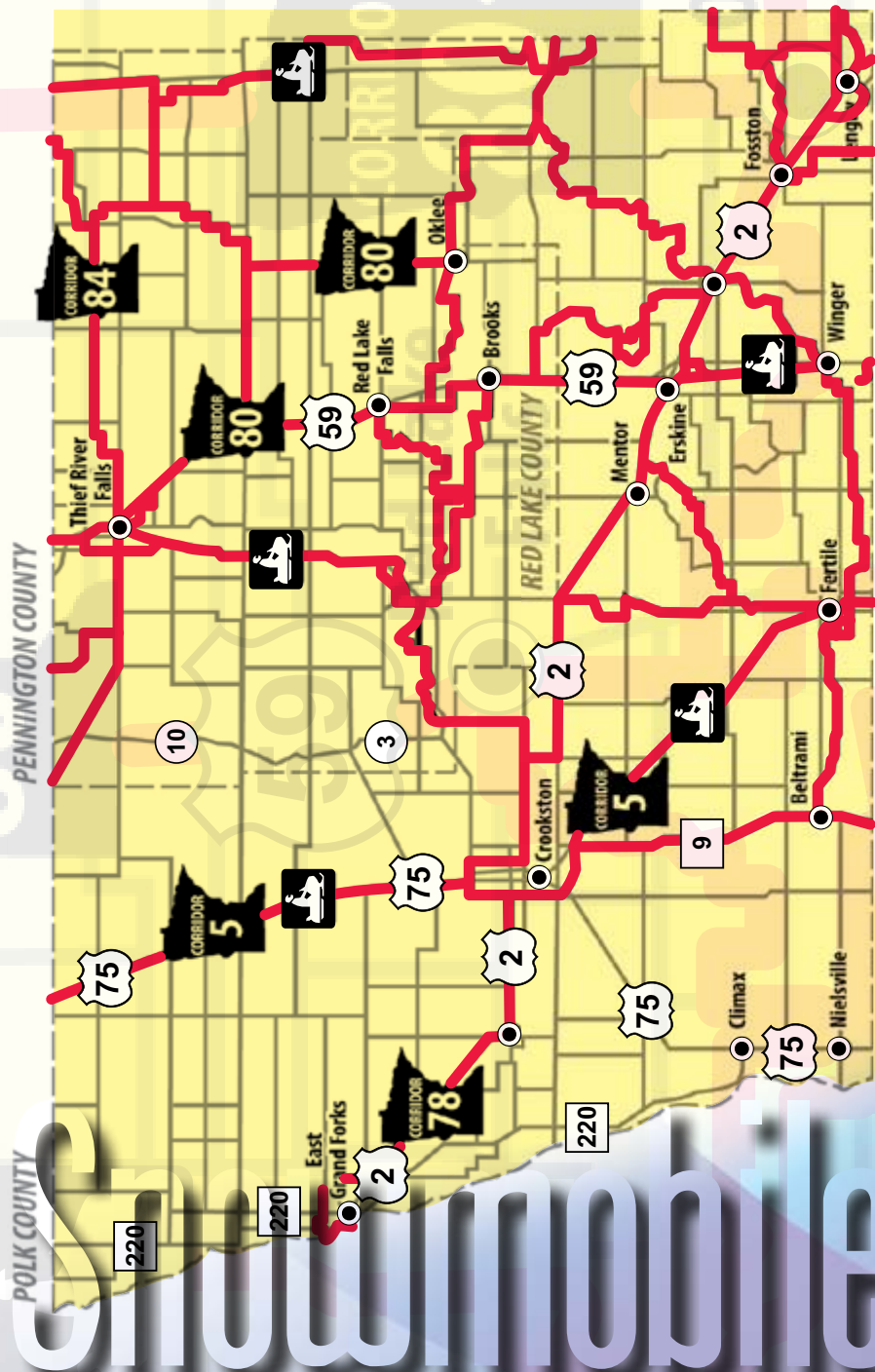


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PARENTS:

- Teach your kids that an emergency is when you need help from a doctor, a police officer or a firefighter.
- Designate a safe place by your house that a child can go to if they need help right away.
- Have your kids memorize your address and phone numbers. They should also know your full name and where you work.

KIDS:

FIRE SAFETY

- If you or someone else is on fire - remember to STOP, DROP and ROLL. Wrap a blanket on the person to help put out the fire.
- If there is a fire, leave the house as fast as you can! Crawl on the floor to avoid smoke and if the door is hot, don't open it - find another way out.
- Learn all the fire exits in your house. Assign a safe place outside for everyone to meet in case of a fire emergency.

HOME ALONE

- Never tell anyone that you are home alone.
- If someone calls and asks for your mom and dad, tell them "They cannot come to the phone right now, can you please call back later?"
- Do not answer the door, unless it is someone that you know your parents have okay'd them to come over.



FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY

INSECT BITES/ANAPHYLAXIS

Anaphylaxis is a severe allergic reaction from insect bites (latex, food and drug allergies can also cause Anaphylaxis). Typical symptoms include hives, the swelling of lips or eyes, swollen throat, drop in blood pressure, light headedness, confusion, nausea or diarrhea. If someone is having an allergic reaction from an insect bite with these symptoms:

POISON PREVENTION

Teach your children about poison and how it can look like a food or drink. They should always ask an adult before eating or drinking anything. Have them learn the poison control phone number: 1-800-222-1222 and keep it programmed or posted near all your phones. Here are some prevention tips.

Lock up your poisons and medications. Keep them out of the reach of children, lock them up if possible. Make sure your children understand that medicine is not candy.

Follow directions carefully. Read your labels. Be sure to use and store all poisons and medications properly according to recommendations.

Keep

your pets safe from household chemicals, too.

Don't allow pets near areas that have just been cleaned with chemicals, such as freshly mopped floors or bleached bathtubs and sinks. Clean up any antifreeze/coolant spills. Pets like the flavor but they can die if they ingest it. Store poisonous foods or plants in areas that your pets cannot access. Call your local emergency veterinary hospital if you believe your pet has been poisoned.





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