

Countryside Public Health

Monthly Newsletter

October 2018



Public Health
Prevent. Promote. Protect.

Poison Control Safety

Store Poisons Safely

- Lock up all medicines and household products.
- Store poisons in their original containers.
- Use child-resistant packaging. But remember —nothing is child-proof!
- Dispose of old medications appropriately.
- Do not forget to poison proof the garage.

Use Poisons Safely

- Read the label. Follow the directions on medicines and products.
- Do not leave your child alone while using a product. Poisonings happen quickly. If the phone or doorbell rings, take the child with you.
- Lock products and medicines up after using them.
- Is it medicine? Call it medicine, not candy.
- Children learn by imitation. Take your medicines where children can't watch.

Teach Children to Ask First

- Poisons can look like food or something to drink. Teach children to ask an adult before eating or drinking anything.

What if I suspect someone has been poisoned?

- If you suspect that you or someone else has been poisoned, call the **Poison Center at 1-800-222-1222**.
- The Poison Help number is **FREE** and will work anywhere in the United States. Poison Center specialists are trained to assess and make decisions on the best care for your situation. If there is a question, it's better to be safe than sorry.

CALL 911 first if the person is unconscious or not able to be woken up, having a seizure, not breathing, or having chest pain.



24 hours a day • 7 days a week

A recent trend among teenagers has been to intentionally ingest laundry packets and videotape themselves. Laundry detergent packets can cause serious harm if swallowed. It can lead to vomiting, sleepiness, wheezing or difficulties breathing that could even require a ventilator to help you breath. So far this year there have been 6,224 calls to poison control about laundry detergent packets.



**TEACH CHILDREN
TO ASK FIRST**

E-liquid or liquid nicotine used for E-cigarettes can look like normal food products, just like the picture on the right. E-liquid is often advertised towards teens/young children. One teaspoon of E-liquid could be deadly to a child and smaller amounts can cause severe illness, often requiring trips to the emergency room. There have been 1,946 calls to poison control so far this year for E-liquid.



E-liquid



Food product



Mushrooms and berries are particularly attractive to young children. Teach your children never to put mushrooms, berries, or any part of a plant in their mouths. Mushrooms are especially abundant after a rainfall. Remove mushrooms from your yard and dispose of properly after each rainfall.

Do not assume a plant is safe because birds or wildlife eat it.

Poison Control Center 1-800-222-1222



Many hand sanitizers come in brightly colored bottles and smell like food or candy. This type of packaging makes them very tempting to young children. Even a small amount of alcohol can cause alcohol poisoning in children. Alcohol poisoning can cause confusion, vomiting and drowsiness, and in severe cases, respiratory arrest (when you stop breathing) and death. There have been 12,193 calls to poison control involving hand sanitizers this year.