



FOR IMMEDIATE RELEASE

March 14, 2007

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Poisonings Can Happen at Any Age

Salt Lake City, UT - Caring for a young child or an older family member? Did you know that over 90% of poison exposures occur in the home? Caregivers and family members play a critical role in preventing poisonings. With National Poison Prevention Week running March 18-24, 2007, the Utah Poison Control Center (UPCC) and the Utah Society of Health-System Pharmacists (USHP) want to remind caregivers that poison exposures can be prevented.

To prevent poisonings in children and older adults, USHP and UPCC recommend these simple tips:

- Keep the phone number for the poison control center (800.222.1222) easily accessible.
- Most poisoning exposures occur when the product is in use! Be extra vigilant when medications or household products are in use.
- Clean out your medicine cabinet frequently. If it does not have an expiration date, consider it expired one year after purchase.

When caring for young children:

- Use child resistant closures on medicines and other products.
- Keep medicines and other household products in their original container.
- Always refer to medicine as “medicine”. Never refer to medicine as candy.
- Don’t throw medicine away in open trash containers. Children are resourceful at finding discarded medications.
- Put it up and lock it up! Secure all medicines including herbals, vitamins, supplements, non-prescription (OTC), and prescription medication out of reach and in a locked cabinet.

When caring for older adults:

- Keep a list of all medicines including herbals, vitamins, supplements, OTC and prescription medications.
- Communicate and stay informed: Ask your pharmacist or doctor to explain each medicine, possible side effects, and interactions with other medicines and foods.
- Use one pharmacy: Older adults often have multiple medications. Obtaining medicines at one pharmacy increases the likelihood of detecting a possible drug interaction.
- If you use a pill minder make note of what medications are in the pill minder and how many. If possible choose a pill minder that has an adult-lock.

National Poison Prevention Week is March 18-24, 2007. It is a time to remind everyone that poisonings can occur and they can be prevented! The UPCC and USHP remind everyone to check your home to see if it is Poison Safe! For materials on how to make your home safe, please contact your poison control center (800.222.1222) for educational materials or go to the UPCC's website at www.utahpoisoncontrol.org.

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