Emergency Action for Poisoning

Do you know what to do if a poisoning occurs? There are some important things to know in order to minimize adverse effects:

**Inhaled Poison:** Quickly get the person to fresh air...call the poison control center.

**Poison on the Skin:** Remove contaminated clothing and rinse skin with water for 15 minutes...call the poison control center.

**Poison in the Eye:** Rinse eye for 15 minutes with lukewarm water...call the poison control center.

**Swallowed Poison:** Do not make the person vomit...call the poison control center.

Do not wait to call the poison control center. Help is available 24 hours a day 7 days a week. The service is free and confidential. Call the poison control center at **1-800-222-1222**. If the poison victim is unconscious, having convulsions, or difficulty breathing, call 911.

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Household Cleaning Products—Rise and Fall

National and local poison control data reveals that over the last decade there has been a steady increase in poison exposures involving household cleaning products in children less than 6 years of age. However, a recent study published in *Pediatrics* journal indicates that hospital visits by young children exposed to these products decreased by 46% between 1990 and 2006. Why the discrepancy? Greater awareness and use of poison control services may be the reason. Children are still exposed to these products, but fewer are taken to the hospital. Specialists at the Utah Poison Control Center (UPCC) are experts who can help parents and caregivers when a poisoning occurs. Last year the UPCC managed 79% of all calls at home without having to refer the person to a health care facility. Less trips to the hospital equates to fewer health care dollars spent as well as less time and stress involved in an already frightening situation. Although hospital visits are decreasing for household cleaning product poisonings in young children, it is not wise to minimize prevention efforts. Continued vigilance is needed in order to safeguard children.

- Store products in original containers
- Use products with child-resistant closures (remember these are not child proof)
- Keep household cleaners locked up, out of sight, and out of reach of children
- Use caution when a product is out for cleaning. Most poisonings occur when a product is in use.
- Call Utah Poison Control Center if a poisoning occurs **1-800-222-1222**

Resource: *Pediatrics* September 2010