

# POISON ANTIDOTE

## UTAH POISON CONTROL CENTER

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## Spring Cleaning and Poison Prevention Go Hand in Hand

At this time of year, many of us are thinking about spring cleaning our homes. As part of your spring cleaning routine, why not keep poison prevention in mind? In 2007, the Utah Poison Control Center (UPCC) received over 50,000 calls regarding poisons. Of all poison exposure calls received, 86% occurred in the home. When spring cleaning each of the following areas of your house, take this checklist along and make your home safe from poisonings.

### Kitchen:

- Store cleaners, medicine, and vitamins/herbals in their original containers, on a high shelf, out of sight, and away from food products. Note: While cleaning, if the phone or doorbell rings, take the product with you.
- Put safety latches on all drawers and cabinets where harmful products are stored.

### Bedroom:

- Remove all medicines from dressers and side tables.
- Check that all perfume, cosmetics, and powders are out of reach.
- Store all jewelry where children cannot reach.



### Bathroom:

- Potentially harmful products should be stored on a high shelf with safety latches or locks on them.
- Be aware of these products: mouthwash, hair products, talcum powder, cleaners, cosmetics, drain clearing products, aftershave, fluoride rinses, and nail products.

### Laundry:

- Keep all products in original containers.
- Store bleach, stain removers, detergents, and fabric softener out of reach and in a locked cabinet.

### Garage/Basement/Storage Area:

- Keep all products in original containers
- Secure insect spray, weed killer and other gardening products, turpentine, car care products, and other potentially harmful substances in locked storage.
- To dispose of chemicals, contact your city for information on proper procedures.



## "The Granny Syndrome"

A recent scientific study found that between 10 and 20 percent of all unintentional poisonings among children in the US involve a grandparent's medication. Most of these poisonings occurred when medicine was left on a table or countertop, on low shelves, or in a purse/pocketbook. The highest risk factor was access to the medication regardless of whether or not the medicine had a child resistant closure (CRC). Parents and grandparents may feel a false sense of security if medications have a CRC's and leave them out within the reach of children. Toddlers are at a particularly high risk due to their natural curiosity. They tend to put everything into their mouths. Toddlers are also able to move around more quickly and begin to reach and climb. Medication taken by grandparents may be especially harmful because the older we get the more medicines we take. Medications particularly problematic for small children include certain antidepressants, narcotics, heart medicines, high blood pressure medication, diabetic medicines, and athletic rubs. The following precautions should be taken to help prevent a poisoning due to the "Granny Syndrome".

### Prevention Tips

- When visiting households with small children, keep medications in a secure location out of reach of children. Avoid keeping medications in purses or suitcases where curious children may explore. Grandparents should not keep medicine in their purse/pocketbook when children are around.
- Keep all medicines locked up and out of reach
- Never leave medicine out on a counter or table even if it has a child resistant closure (CRC).
- When bringing your children to another residence, check the home for poison dangers.
- Do not take medication in front of children. Children tend to mimic adult behavior.
- Contact the Poison Control Center immediately if a poisoning occurs 1-800-222-1222

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