**TOPICAL TREATMENT WARNING**

In warm weather months, we may use topical treatments more often than other times of the year. Sunscreen, muscle rub, hydrocortisone cream, insect repellent, and topical antihistamines (i.e., Benadryl®) are among the most common products. Topical treatments, which are used on the skin to treat or prevent a variety of conditions, may cause serious side effects when used improperly.

**How do I Safely Use Topical Products?**

1. Avoid getting them in the eyes.
2. Avoid ingesting them. They are made to be applied to the skin, not swallowed.
3. Store them up and away. Many people have topicals in their diaper bags and purses, which are common sources of poisoning.
4. Follow the instructions for use found on the product label.

**What if a Topical Product Gets in the Eye?**

Quickly start rinsing the eye with lukewarm (not hot) water and continue for 15 minutes. Have the person blink as much as possible while rinsing the eye. Do not force eyelid open. Do not use eye drops. Call the Poison Control Center at 1-800-222-1222 for further instruction from a specialist in poison information.

**What if a Topical Product is Swallowed?**

Do not make the person vomit. If the person is able to swallow, quickly give them a small glass of water (2 to 8 ounces). Do not follow the first aid instructions on the product label because they may be wrong. Call the Poison Control Center at 1-800-222-1222 to speak to an expert about what to do next.

Resource: FDA

**“I Dare You!”**

Poison control centers across the country have received hundreds of calls within the last year about teens who have engaged in a potentially dangerous dare called the “cinnamon challenge”. It usually starts with teens daring each other to swallow a spoonful of powdered or ground cinnamon without drinking any water. The cinnamon quickly coats the mouth and throat and causes gagging, vomiting, coughing, choking and throat irritation. People with asthma or other respiratory conditions may also experience trouble breathing. Call the Utah Poison Control Center immediately if someone experiences any of these problems at 1-800-222-1222. The service is free and available around the clock for all poison related calls and questions.

Resource: AAPCC