

# Poison Antidote



## Poison in a Packet

Cleaning product exposures in children is one of the top reasons callers contact the Utah Poison Control Center (UPCC). Several years ago, the UPCC began receiving calls regarding exposures to the laundry detergent packets that had recently become available to consumers. These small packets contain highly concentrated liquid laundry detergent.

The packets are designed to dissolve quickly when wet. While they are convenient for users, they can be a poisoning hazard. If you have these products in the home, it is important to keep in mind that they can pose a problem for young children. In 2017, the UPCC received nearly 200 calls related to these products.

Because of their quick dissolving feature, people of all ages can be easily exposed to the liquid detergent through the mouth, eyes, and skin. When swallowed, liquid detergent can cause vomiting, breathing problems, burns to the throat, and—in rare incidences—even coma. Exposure through the eyes and the skin can cause burning and irritation.

Parents and caregivers can prevent exposure to laundry packets by following these tips:

- Keep laundry packets in original containers—out of reach and out of sight of children.
- Be especially vigilant when the product is out for use. If you are interrupted, secure the product out of reach or take it with you. A small distraction can leave an opportunity for a child to access the packets.
- Contact the Utah Poison Control Center at 1-800-222-1222 for help 24/7.

Source: AAPCC



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## Be E-xtra Careful with E-liquids

Electronic cigarettes are battery operated devices used to inhale vapor. The vapor is created by heating a liquid solution often called e-liquid or e-juice, inside of the e-cigarette. The e-liquid typically contains a large amount of nicotine along with other chemicals and flavorings. When swallowed, e-liquid can cause serious and potentially deadly adverse health effects.

Oftentimes, the colorful bottles and appealing flavoring of e-liquids are enticing to children, putting them at risk for an unintentional poison exposure. In 2017, the Utah Poison Control Center managed 89 exposures to e-cigarette liquids, and 64 of those cases were for children under the age of 6.

The adverse and toxic effects include nausea, vomiting, muscle weakness, heart problems, breathing difficulty, seizures, and coma. Exposure to the eyes can cause burning and irritation. E-liquids can also be absorbed through the skin, causing irritation.

People of all ages can prevent poisoning from exposure to e-liquids by following these tips:

- Store e-cigarettes and e-liquids up and away—out of reach and out of sight of children.
- Store e-liquids in original containers and tightly close product caps after use. Remember, there's no such thing as childproof!
- Ask family members and visitors to keep bags or coats that hold e-cigarette products in a secure location away from children.
- Always keep the product in your hands when in use, and if you need to leave the room, take the product with you.
- Protect your skin and eyes when handling e-liquids.
- Clean up spills or splashes using soap and water.
- Save the Poison Help number in your phone: 1-800-222-1222. Free, expert, and confidential help is available around the clock, every day of the year.

Sources: FDA, AAPCC, NIH