Utah Poison Control Center

Poison Prevention
Keeping Families Safe
Mission Statement

- To prevent and minimize adverse effects from a poison exposure through education, service, and research.
Utah Poison Control Center (UPCC) Staff

- Registered nurses
- Registered pharmacists
- Medical doctors
- Health educators
What Is A Poison?

- A poison is anything someone eats, breathes, gets in the eyes or on the skin, that can cause sickness or death if it gets into or on the body.

- Poisons come in different forms
  - Solid
  - Liquid
  - Gas or spray
Utah’s Poison Problem

- Over 50,000 total calls each year
- Over 60% involved children less than 6 years of age
- Over 90% occur in the home
- Nearly 80% are managed on-site with telephone follow-up
Average Age Distribution of Poison Exposures
## Most Common Substances

### All Ages

<table>
<thead>
<tr>
<th>Substances</th>
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<tbody>
<tr>
<td>Analgesics</td>
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<tr>
<td>Household Cleaners</td>
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<tr>
<td>Cosmetics and Personal Care Products</td>
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<tr>
<td>Vitamins and Minerals</td>
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<tr>
<td>Topical Preparations</td>
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<tr>
<td>Sedatives, Hypnotics and Antipsychotics</td>
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<tr>
<td>Foreign Bodies</td>
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### Children Under 6

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<td>Gastrointestinal Preparations</td>
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When Do Poisonings Occur?

- When the product is in use
  - Adult distraction

- Peak age
  - 18 months old
What Are These Poisons and What Should We Do About Them?
Medicines and Vitamins

- Pain relievers
  - ibuprofen, acetaminophen, aspirin

- Cough and cold medicines
  - decongestants, antihistamines, cough suppressants

- Heart, blood pressure drugs

- Psychotropics
  - Prozac™, Paxil™, Xanax™, etc.

- Vitamins – especially iron
Prevention

- Keep out of reach of children
  - Put it up, Lock it up
- Use child-resistant caps
- Tightly secure caps
- Follow dosing instructions
- Be aware of multiple ingredients
- Never call medicine “candy”
Household Products

- Bleach
- Drain and toilet bowl cleaners
- Laundry products (detergent, fabric softener, starch)
- Ammonia cleaners (glass cleaners)
- Dish detergent
- Oven cleaners
Prevention

- Follow instructions for use
- Do NOT follow first-aid instructions on package, call poison control
- Place on high shelves
- Do not mix products
- Use in well-ventilated areas
- Store in original containers
Cosmetic and Personal Care Products

- Mouthwash, toothpaste
- Nail products (particularly polish remover)
- Shampoo
- Perfume
- Talcum
- Lotion
- Make-up

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Prevention

- Keep out of reach of children
  - Put it up, Lock it up
- Attend to open product
- Place products out of reach during diaper changing
- Use child-resistant cap on mouthwashes
Topicals

- Acne preparations
- Diaper products
- Topical steroids (cortisone cream)
- Athletic rubs
Prevention

- Keep out of reach of children
- Keep products in original containers
- Close lid tightly
- Use according to instructions
What’s in the Garage?

- Gasoline
- Motor oil
- Kerosene
- Windshield washer fluid
- Pesticides
- Anti-freeze
- Fertilizers
Prevention

- Keep out of reach of children
  - Put it up, Lock it up
- Keep in original containers
- Handle with caution
- Protect skin and eyes from contact
- Only purchase amount you will use
- Properly dispose of leftover and old chemicals
Miscellaneous Poisons

- Plants
  - Philodendron, daffodil, dieffenbachia, iris

- Foreign bodies
  - Coins, button batteries, hearing aids

- Food Products
  - Cook at correct temperatures,
  - store and thaw correctly,
  - don’t cross contaminate, when in doubt… throw it out.
Miscellaneous Poisons

- Bites and Stings
Carbon Monoxide (CO)
A colorless, odorless, tasteless gas

- Signs of CO poisoning:
  - Headache
  - Fatigue
  - Nausea
  - Dizziness
  - Irregular breathing
  - Mental confusion
  - Unconsciousness
  - Ultimately death
Prevention

- Install a CO detector near sleeping areas
- Never operate gas burning appliances, machines or equipment in an enclosed space (garage, tent, indoor spaces)
- Have chimney and flue cleaned professionally
- Have furnace inspected annually
- Do not leave vehicles running in garage
Why Are Children More Likely to be Poisoned and What Factors Place Them At Risk?
Stages of Development

- **Infants** (0 – 6 months)
  - Most infant poisonings are result of adult error; wrong dose, wrong medicine

- **Crawlers** (6 months – 1½ yrs.)
  - Explore everything within reach and put things in their mouth

- **Toddlers and pre-schoolers** (1½ yrs. – 3 yrs.)
  - Reach higher, nothing is child-proof, look-alikes are deceiving
Factors That Increase Risk

- Child’s curious nature
  - Explore, taste, and touch to learn
- Improper storage
  - Lock it up; keep out of reach
- Adult distractions
  - Telephones, doorbells, meal preparation, etc.
  - Most poisonings occur when the product is in use
Adult Poisonings

- Poison is not just a problem for children
- More than 25% of calls to the UPCC in are for adults over age 19
- The most common substances are pain relievers and sedatives
First aid tips

- **Swallowed poison** – do not give anything, call the poison control center
- **Inhaled poison** – get victim to fresh air, call poison control center
- **Poison on skin** – remove contaminated clothing and rinse skin with water for 10 minutes, call the poison control center
- **Poison in eye** – flush eye for 15 minutes using a large cup filled with lukewarm water held 2-4 inches from eye, call the poison control center
Emergency Action For Poisoning

- Remain calm, but don’t wait for the person to look or feel sick; some exposures can have a delayed effect
- If the person is unconscious, having convulsions, or difficulty breathing; call 911
- Otherwise call the UPCC at: 1-800/222-1222
Calling Poison Control

Questions the UPCC specialist may ask:

- How the person is feeling or acting right now
- Age and weight of person
- Name/description of medicine, product or plant (have container with you)
- Amount taken
- When it happened
- Name and phone number
Conclusion

- We come in contact with many poisons everyday
- Awareness and simple safety precautions can help keep us, and our children safe and well
- Implement prevention strategies in your surroundings to stop poisonings
- Don’t hesitate to call poison control