What is a Poison?

• Anything someone eats, breathes, gets in the eyes or on the skin, which can cause sickness or death if it gets into or on the body.

• Poisons come in different forms
  – Solid
  – Liquid
  – Gas/Spray
The Poison Problem

• Utah Poison Control receives more than 50,000 calls each year
• About 60% of poisonings involve children who are less than 6 years old
• Most poisonings happen at home
• Every 30 seconds a child is poisoned in the U.S.
Poisons are Everywhere

- Laundry area
  - Bleach, laundry detergent, spot remover
- Garage/basement/storage area
  - Gasoline, weed killer, antifreeze, pesticides
- Outside
  - Plants, mushrooms
- Kitchen
  - Cleaners, detergents, medicine
- Bathroom
  - Cosmetics, medicine, mouthwash, hair products
- Bedroom
  - Jewelry, Plants, medicine
What is Poisoning Kids?

• Cosmetics and Personal Care Items
  – Mouthwash, toothpaste, nail products, perfume, shampoo, make-up etc.

• Medicine and Vitamins
  – Pain medicine, cough and cold medicine, vitamins, medicine for upset stomach
What is Poisoning Kids? Cont.

- Household Cleaners
  - Bleach, drain and toilet bowl cleaner, laundry products, window cleaner, dish detergent, oven cleaner etc.
- Topicals
  - Diaper rash cream, acne medicine, cortisone cream, athletic rub
- Foreign Bodies
  - Coins, button batteries, small magnets
Things Look alike!
Why are Kids at Risk?

• Child’s curious nature
  – Explore, taste, and touch to learn

• Improper storage
  – Poisons within the reach of children

• Caregiver distractions
  – Telephones, doorbells, meal preparation, etc.
  – Most poisonings occur when the product is in use
Let's Prevent Poisonings!

- Keep poisons out of the reach of children
- Do not leave children alone or unattended
- Be aware of all possible hazards in the home
- There is no such thing as “child proof”
- Teach children to ask first before putting anything in their mouth
- Never call medicine candy
What if Someone is Poisoned?

• Stay calm, but don’t wait for the person to look or feel sick; some poisonings have delayed effects

• If the person is unconscious, having convulsions, or difficulty breathing; call 911

• Otherwise call poison control at:
  1-800-222-1222
First Aid for Poisoning

- **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
Calling Poison Control

• Questions the UPCC specialist may ask:
  – How the person is feeling or acting
  – 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
Poison Control is...

• Free and confidential
• Available 24/7 every day of the year
• The place to call for poison help
• Staffed by nurses and pharmacists who answer the phones and want to help you
• Don’t be afraid to call! Only the people helping you will know your name.
Conclusion

• Poisons are all around us. We come in contact with them every day.
• Awareness and simple safety precautions can help keep the kids we care for safe
• Take action—check the house for possible dangers
• Never hesitate to call Utah Poison Control for help