UTAH POISON CONTROL CENTER



D **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





UPCC HISTORY

- The UPCC was established in 1954
- It is located within the University of Utah, College of Pharmacy
- It serves all of Utah



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

- 40,000 calls on average each year
- 90% occurred in the home
- 80% were managed on-site with telephone follow-up



Source: Utah Poison Control Center

AGE DISTRIBUTION OF POISON EXPOSURES







Source: Utah Poison Control Center

MOST COMMON POISON EXPOSURES BY AGE GROUP







Source: Utah Poison Control Center

WHEN DO POISONINGS OCCUR?

 When the product is in use Adult distraction

 Peak age - 18 months old







Source: Utah Poison Control Center

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 $-1\frac{1}{2}$ yrs.)
 - Explore everything within reach and put things in their mouth
- Toddlers and pre-schoolers $(1\frac{1}{2} \text{ yrs.} 3 \text{ yrs.})$
 - Reach higher, nothing is child-proof, lookalikes 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





WHAT ARE THESE POISONS AND WHAT SHOULD WE DO ABOUT THEM?







MEDICINES AND VITAMINS

- Pain relievers
- Cough and cold medicines
- Heart, blood pressure drugs
- Antidepressant medications
- Vitamins especially iron, and herbal supplements







HOUSEHOLD PRODUCTS

- Bleach
- Drain and toilet bowl cleaners
- Laundry products
- Ammonia cleaners
- Dish detergent
- Oven cleaners







COSMETIC AND PERSONAL CARE PRODUCTS

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











TOPICALS

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









WHAT'S IN THE GARAGE?

- Gasoline
- Motor oil
- Windshield washer fluid
- Pesticides
- Anti-freeze











MISCELLANEOUS POISONS

- Plants
 - Philodendron, Virginia creeper, dieffenbachia, iris, nightshade
- 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
 - Rattlesnakes
 - Bees and Wasps
 - Spiders
 - Ticks
 - Bats
 - Scorpions











PREVENTION-TAKEAWAYS

- Keep out of reach of children Out of sight and out of reach
- Keep in original containers
- Use child-resistant cap
- Be aware of multiple ingredients
- Never call medicine "candy"
- Use according to instructions
- Attend to open product





PREVENTION

- Protect skin and eyes from contact
- Only purchase amount you will use
- Properly dispose of leftover and old chemicals
- Do NOT follow first-aid instructions on package, call poison control
- Do not mix products





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





ADULT POISONINGS

- Poison is not just a problem for children
- 25% of calls to the UPCC each year are for adults over age 19
- That equates to about 10,000 calls







- 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









- We come in contact with many poisons every day
- 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



POISON 1 - 800 - 222 - 1222

SAVE THE POISON **CONTROL NUMBER** IN YOUR PHONE... SOMEDAY IT MAY **SAVE YOU BACK!**



