

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



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?

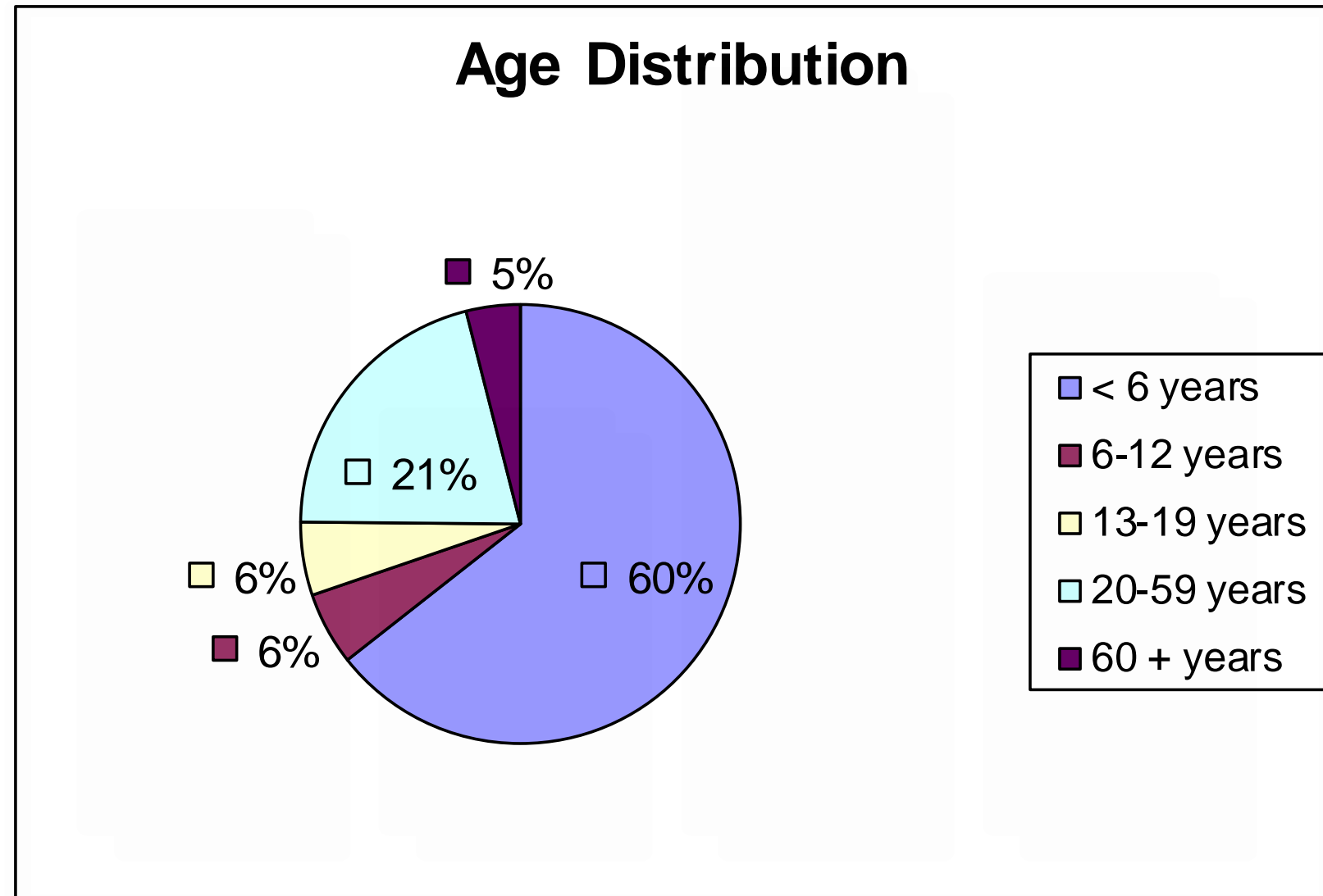
- A poison is anything someone eats, breathes, gets in the eyes or on the skin, that can cause sickness or death if it gets into or on the body.
- Poisons come in different forms
 - Solid
 - Liquid
 - Gas or spray



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

AGE DISTRIBUTION OF POISON EXPOSURES



Source: Utah Poison Control Center

MOST COMMON POISON EXPOSURES BY AGE GROUP

≤5 yrs	≥6 to ≤19 yrs	≥20 to ≤59 yrs	≥60 yrs
 Cosmetics/ personal care	 Analgesics	 Analgesics	 Analgesics
 Cleaning substances	 Antidepressants	 Sedatives/ hypnotics	 Sedatives/ hypnotics
 Analgesics	 Antihistamines	 Antidepressants	 Antidepressants
 Vitamins & minerals	 Sedatives/ hypnotics	 Anticonvulsants	 Anticonvulsants
 Foreign bodies	 Cleaning Substances	 Cardiovascular drugs	 Cleaning substances

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 – 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



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



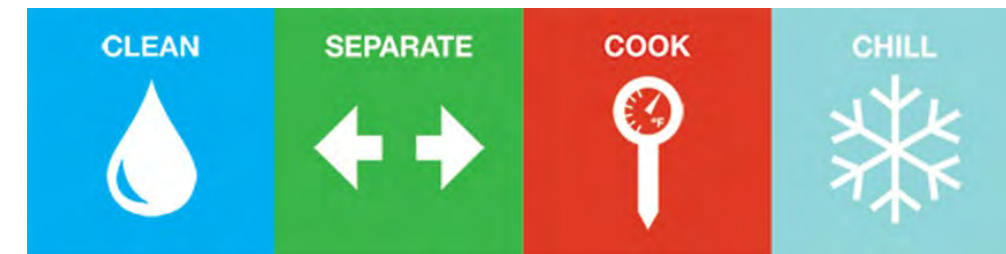
WHAT'S IN THE GARAGE?

- 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

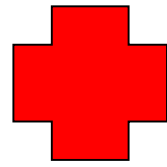
- Install a CO detector near sleeping areas
- Never operate gas burning appliances, machines or equipment in an enclosed space (garage, tent, indoor spaces)
- Have chimney and flue cleaned professionally
- Have furnace inspected annually



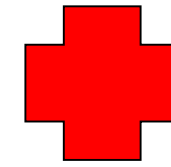
ADULT POISONINGS

- 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





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 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**



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

