Poison Safety
Social Media Guide

Created by the North Dakota Injury Prevention Poison Safety Subcommittee
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Button batteries pose a real danger to kids. They are in almost every electronic item in your home. Children are curious by nature and figure out how to open these items and gain access to these small batteries before parents even realize what they are doing! For more information, please visit...

http://www.safekids.org/safetytips/field_risks/batteries/field_risks/medication

If a button battery is swallowed, unlike a penny or other coin, you cannot wait to “let it pass in the stool”. You need to have it removed from the stomach or intestines within 2-3 hours of it being swallowed or the chemicals in the battery will be released, causing burns in the body. If swallowed, take the child to the emergency room right away for immediate treatment and removal of the button battery.

Having a working carbon monoxide detector in every level of your home could save your life. Learn more at:

http://www.cdc.gov/co/faqs.htm
Children’s products such as games or books are required to have a screw-on cover to protect the button battery compartment. Adult products are not regulated/protected in the same way and often have battery compartment covers that come off easily and are accessible to children. Put items such as calculators, remote controls, keyless entries and garage door openers up and out of children’s reach.

Button batteries pose a little-known hazard to children. Check out this web site for great resources on the dangers of button batteries to children. http://safekidsgf.com/safety.html

This video tells the story of a young man that swallowed a button battery and the dangers that they pose. Check it out at: http://www.safekids.org/video/emmetts-story-dangers-swallowing-coin-lithium-battery

Using a generator indoors is a dangerous practice as the carbon monoxide released from it is both colorless and odorless and can cause death if inhaled. This infographic discusses the dangers of this poisonous gas.

[https://magic.piktochart.com/output/10132609-co-poisoning](https://magic.piktochart.com/output/10132609-co-poisoning)

Carbon monoxide alarms are just as important as smoke alarms. Does your house have them? Check today.

Parents: You should have a carbon monoxide alarm on every level of your house. It could save your life.
If an antifreeze or windshield wiper poisoning occurs, DO NOT "wait and see" if a person or pet will have a problem. You may not notice ill effects for several hours or longer.

Many children, and adults, accidentally drink antifreeze or windshield wiper fluid when it is stored in drink containers. Also, animals sometimes drink antifreeze that spills or leaks out of radiators. It has a sweet taste.

**Prevent antifreeze and windshield wiper fluid poisoning.**

- Keep caps tightly closed.
- Store products out of sight and reach.
- Keep products in the original containers.
- Clean up radiator spills or leaks immediately.

For more information, call your poison center at **1-800-222-1222**.

Tip: if you’re warming your car up, make sure you take it out of the garage first to avoid carbon monoxide poisoning.

- The dangers of carbon monoxide are increased during the winter. Learn the symptoms of carbon monoxide poisoning to keep your family safe. [https://www.safekids.org/safetytips/field_risks/carbon-monoxide](https://www.safekids.org/safetytips/field_risks/carbon-monoxide)
March

National Poison Prevention Week

March 18-24, 2018

Be careful of look-alike meds

Most poisonings occur to young children. Take steps to keep them safe from the dangers of medications and other products found in the home that can poison them.

Program the phone number for the poison control center into your phone to have in case of an emergency.
Poisonings are preventable and treatable and there's a resource to help: the Poison Help line, 1-800-222-1222, which connects you to your poison center. The nurses, pharmacists, doctors and poison experts that staff the line 24 hours a day, 365 days a year, can give you free and confidential advice from how to handle an emergency to how to protect your family from poison dangers. To learn more, visit www.PoisonHelp.hrsa.gov.

Top 5 Causes of Poisoning

- Pesticides, cleaning products, and other chemicals
- Sedatives, hypnotics, and antipsychotics medicines
- Poisonous household toys and other objects
- Cosmetics and personal care products
- Over-the-counter and prescription drugs

Who's at Risk?

- 50%: Young people are the most likely to be poisoned, with children under age six accounting for half of all poison exposures.¹
- 92%: 9 out of 10 poisoning deaths occur among people over the age of 60.¹
How Common is Poisoning?

Drug-related poisonings cause nearly 700,000 visits to hospital emergency rooms each year.

Poisonings cause more than 35,000 deaths each year.1

What Can You Do?

Call the Poison Help line, 1-800-222-1222, if someone you know may have been poisoned or just to ask a question.

Call 911 if someone is unconscious or has trouble breathing.

Program the Poison Help line into your cell and home phones.

Share this information with family & friends.
Alcohol poisoning occurs when a person consumes a toxic amount of alcohol, usually after binge drinking. The good news is it can be prevented when people drink responsibly. Binge drinking is consuming five drinks in two hours for men and four drinks in two hours for women. But not all drinks are created equal. Some can be two, three, or even four when the volume of the alcohol is considered, so binge drinking can happen fast. Get to know your drink and stay safe.

#alcoholawarenessmonth #speakvolumes

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*SPEAK VOLUMES*

*Not all drinks are created equal*

1 pint of craft beer = 2 Drinks
As beers get bigger, they also get stronger. Some craft beers have about double the alcohol content of a regular lager, so an artisan pint can count for two drinks.

1 glass of wine = 1 Drink
One glass of wine should equal five ounces or about 3 and 1/2 fluid ounces. With wine glasses being so large, be careful not to overpour.

1 Long Island Iced Tea = 3-5 Drinks
With four types of hard alcohol in a standard recipe, the harmless name of this drinking drink disguises the fact you could get charged with a DUI after having just one.

1 Margarita = 2-3 Drinks
The sugary mix and salty rim might deem the tequila drinker the least of alcohol, but with heavy pours of tequila and tequila, it should be consumed responsibly.

SPEAKVOLUMES.nd.gov
Believe it or not, kids still listen to their parents. In fact, kids usually listen to their parents more than anybody else, even their friends. Research has continually shown that parents have the most influence on their decision not to drink alcohol. Through early and ongoing conversations, healthy role modeling, monitoring, and consistent support, parents can play a major role in reducing the likelihood that their child will drink alcohol underage. For tools and resources to guide parents along the way, visit: www.parentslead.org #parentslead #preventunderagedrinking #alcoholawarenessmonth

Know the facts:

70% of youth report parents are the leading influence in their decision to not drink alcohol.

Alcohol can be a dangerous poison for children. It depresses the central nervous system and causes low blood sugar and can lead to seizures, coma, or even death. This is true of beverage alcohol like beer, wine, or liquor, but also true of alcohol found in mouthwash and other personal care products. Keep your personal care products containing alcohol up and out of reach of children and consider using a liquor cabinet for alcoholic beverages. #alcoholawarenessmonth #preventalcoholpoisoning
Too much alcohol is bad for anyone. But for young children, it can cause problems that most people don’t expect. This is true for alcohol found in personal care products and alcoholic beverages. If a child swallows alcohol, remove the container, and call poison control immediately at 1-800-222-1222. Make note of the name of the product, how much is missing, how long ago it happened, the child’s age and weight, and any symptoms they might be having.

By then end of today, an average of six people will have died from alcohol poisoning. This is approximately 2,200 people in the United States annually and, surprisingly, just over three-quarters of these deaths are adult males between 35 and 64 years. But it can be prevented by drinking responsibly. A good rule of thumb is to drink less than five drinks in two hours for men and four drinks in two hours for women. #alcoholawarnessmonth #preventalcoholpoisoning

Despite declining rates, North Dakota continues to rank high in the nation for underage drinking. In fact, over half of North Dakota high school students have tried alcohol at some point in their lives and nearly a third have participated in binge drinking in the last month. The good news is that underage drinking can be prevented. Research has continually shown that parents are the biggest factor in determining whether a child drinks alcohol underage. A great place to start conversations about alcohol is at the dinner table. Visit parentslead.org for more tips and tools. #parentslead
Family dinner is the best ingredient for preventing underage drinking.
HAPPY EASTER
from the North Dakota Poison Center
1-800-222-1222

Easter Egg Safety Tips

- Do not decorate, hide, or eat cracked eggs.
- Refrigerate eggs until you are ready to hide them.
- Discard eggs that have been out of the refrigerator for more than two hours.
- Hard-boiled eggs stored in the refrigerator may be kept up to seven days.
- Questions? Call 1-800-222-1222. Available 24/7, even on holidays.

Got a Poison Emergency or Questions? Call 1-800-222-1222

180 Million
The number of eggs Americans will buy to dye and decorate this year.
Do you have hazardous chemicals in your garage or shop? Of course, you do! Visit the following link to make sure you are taking the necessary precautions this Spring/Summer:
Poisons in Your Home

Locate and list all common household poisons to keep yourself and your family safe, healthy and happy in your home.

To-Do List

- Program the Poison Help Line number into your cell phones and post it near your home phone.
- Properly label and store cleaning products away from food.
- Make sure all medicines are locked up and out of reach of children.
- Install a carbon monoxide detector on every level of home.
- Keep out medicines involved and safely dispose of any expired medicine.
- Have paint and fuel tested for lead.
- Store medications out of reach of children.

Helpful Household Tips

- Never leave medicine, "family" poisons, or toxic products near children or pets.
- Keep medications and cleaning products in their original containers.
- Toss out the medicine and put on your glasses when going on holiday to avoid confusion with food.
- Never mix household cleaning products together. Mixing them could create a poisonous gas.

Did You Know?

- 94% of poisonings happen in the home.
- 81% of human exposures were unintentional.
- 51% of calls to poison centers involve children 6 years and younger.

What to do (and don’t do) if you’re exposed to a poison

**STEP ONE**

- Do keep calm.
- Don’t panic and take action without seeking professional advice.

**STEP TWO**

- Do call 1-800-222-1222.
- Don’t look up advice on the internet. Every second counts, and you may get bad advice on the web.

**STEP THREE**

- Do follow the advice of the poison center expert and carefully wash the exposure.
- Don’t be embarrassed. While a visit to a poison center costs each year, there’s nothing they haven’t heard.
How To Prevent Poisoning

www.ndpoison.org

Program the number in your phone

Identify Poisonous Products in the Home

Put Products Up High & Out-of-Sight or Locked up
June

Garages are a landmine of tools, chemicals, ladders, and small parts that are all hazards for a young child. If you allow your children access to the garage you need to treat it just as any other room in your home and think safety!!! For more ideas on this topic please visit. http://makesafehappen.com/safety-tips/garage-safety

Many of us are not aware that the plants that we have in our own home and backyard can be very poisonous to our children. Please use the free guide at http://poisoncontrol.utah.edu/plants/ to find out if you have plants of concern in your home.

June means travel time for many families as they think summer vacations. When planning for summer travel, be sure to keep all medications in their original containers rather than smaller travel sizes. Knowing what the pills are and how many are in the bottle is important in case of a poisoning incident.
The number for the poison control center works no matter where you travel in the United States. Be sure to put that number in your phone so you can carry it with you, no matter where you summer travels may take you. Remember 1-800-222-1222 for poison help!!

When traveling, be sure to keep your medications up and out of reach from children, not simply lying in your suitcase or on a hotel/cabin bathroom counter and accessible to children. Don’t take a vacation from safety!!

Placing childproof locks on cabinets with dangerous products can be a great way to keep children out of poisonous products. You don’t need to lock all your kitchen and bathroom cupboards and drawers, just ones that have dangerous items in them that could pose a danger to children.
If your summer plans include a trip to grandma and grandpa’s house, be on alert for “easy open” medication dispensers that are often times used by elderly people to make remembering and dispensing meds easier. Check the home to assure that these medication systems are kept up and out of reach of children.

Did you know bacteria populations can double every 20 minutes in warm weather? Don’t let food poisoning ruin your next outdoor event. Learn to recognize spoiled food and when in doubt, throw it out!


Laundry and dishwasher soap pods look like brightly colored candy to a child. Please take a moment if you have these to put them up high or in a locked cabinet. For more information please visit, http://blogs.cdc.gov/yourhealthyourenvironment/2014/03/17/nceh-works-with-poison-control-centers/
North Dakota Poison Center

Tips from your local poison center

Save it
Program the poison help line number into your phone: 1-800-222-1222

Secure it
Child-resistant is not child-proof. Place the protection cap at night and out of reach.

Tighten up
Always turn off the light and put on your clothes when giving or taking medicine.

Remember to...

- Never call medicine "candy." Poisons may look like food or drink.
- Never mix household cleaning products together. Mixing them could create a poisonous gas.
- Never "borrow" a friend's medicine or take old medicine.

Don't forget...

Teach your children to always ask an adult before eating, drinking or touching anything.

Always contact your doctor or pharmacist before you take herbal products, as they can interact with your prescribed medicines.

For more tips about how to keep you and your family safe, contact your local poison center.

1-800-222-1222
September

**WHAT TO DO IF...**

**POISONED??**

**INGESTED**
- DO NOT PANIC!
- Remove anything in the mouth.
- Call 911 if the victim is unconscious, having a seizure, or cannot swallow.
- Otherwise give 2 oz of water to drink and call Poison Help 1-800-222-1222

**IN THE EYE**
- Remove all foreign materials from the eyes, including contact lenses if worn.
- Gently flush eye for 10-15 minutes, timed by the clock, with lukewarm water, by pouring a stream of water from a clean glass held 3 inches above the eye.
- Do not use any eye drops until advised by the Poison Center. Call 1-800-222-1222.

**ON THE SKIN**
- Remove any contaminated clothing
- Rinse the affected area thoroughly with large amounts of water.
- Wash the same area gently with hand soap and warm water to remove all remaining chemicals on the skin.
- If exposed, remember to wash hair and under fingernails.
- Then call the Poison Center for further advise.

**INHALED**
- Get to fresh air as soon as possible. Avoid breathing fumes.
- Ventilate the area by opening windows or directing fans toward the doors, while protecting yourself from injury.
- If the person is unconscious, having difficulty breathing or not breathing, call 911.
- Call the Poison Center at 1-800-222-1222

**Got a Poison Emergency or Question? Call 1-800-222-1222**
October

Lead Prevention Week (October 21-27, 2018) **

There are no safe blood levels of lead. Lead poisoning can affect everybody system and often goes unrecognized. For more information please visit http://www.cdc.gov/nceh/lead/

On average, 170 people in the US die every year from CO produced by non-automotive consumer products. Make sure you know the symptoms of CO poisoning and how to prevent harmful CO levels in your home.


Glowsticks are commonly used at Halloween but they can pose a problem for young children who may put it in their mouth. While the liquid inside is minimally toxic, it does require action to be taken if ingested. Check out this link for more information on the glow stick ingestions.

http://wspa.com/2015/10/21/glow-stick-poisoning-common-at-halloween/
Are you hosting the holiday festivities this year? If so, follow these simple safety tips to make your home “poison-proof”:

1. Store household products and cleaning solutions out of children’s sight and reach, or in locked cabinets. These include liquid packets for the laundry and dishwasher which can look like candy to kids.
2. Make sure all medications, including vitamins and adult medicines, are stored out of reach and out of sight of children. This includes your guests’ luggage and purses.
3. Read product labels to find out what can be hazardous for kids. Make sure any gifts they receive are appropriate for their age.
4. Post the toll-free Poison Help Number (1-800-222-1222) in your home and program into your cell phones.

Are you planning a Thanksgiving trip to visit grandma or grandpa’s house? If they use a non-childproof medication dispenser, use caution. These devices are often used by people taking several medications. When left in a visible location, they can be a temptation to young children. Remind grandma and grandpa to set these up and out of children’s sight and reach as the number of calls to poison control centers tend to rise during this time of year when kids go to grandparent’s homes or grandma and grandpa come to visit.

The risks of accidental overdose for children increases during the holiday season when more frequent visitors leave coats, purses, or suitcases with medications where young children can reach them. This holiday season, ask visitors keep their medications up and out of the reach of children when they visit.
Lock. Monitor. Take-Back. Three easy steps you can follow to make sure your home is safe from prescription drug abuse. Keep your medications locked in a cabinet only accessible to adults in your home, monitor the number of pills prescribed and taken to make sure they’re not misused or stolen, and take-back your unused medication to a take-back location near you: https://attorneygeneral.nd.gov/public-safety/take-back-program

Help Prevent Prescription Drug Abuse
Encourage your patients to be responsible with their medication.

Who better to teach your child about medicine safety than you? Keep all medicine containers, including those for vitamins, closed tightly and up high and out of reach of children. Never refer to medicine as “candy” and talk to your child about why it’s important to never take medicines without the help of an adult. Find out more medicine safety tips at: http://upandaway.org/resource/up-and-away-tip-sheet-2/

Put your medicines up and away and out of sight

Approximately 60,000 young children are brought to the emergency room each year because they got into medicines that were left within reach. Are all the medicines in your home stored safely? See more at: http://upandaway.org/#sthash.a.Sxw7znO.dpuf

The theft and abuse of prescription drugs is a serious problem and you play a big role in keeping these medicines out of the hands of those who shouldn’t have them. Store your medications in a locked storage area to prevent a stranger or someone else from gaining access to them. For more, visit: https://prevention.nd.gov/initiatives/preventing-prescription-drug-opioid-abuse
Carbon monoxide poisoning dangers increase during the winter monthly. This resource will provide tips to keep your family safe.


The Silent Killer: Carbon Monoxide - Using a generator indoors can kill you in minutes.

https://magic.piktochart.com/output/10132609-co-poisoning
Grandparents - keep your meds out of reach! Accidental poisons of children taking a grandparents medications is a very real danger! Medications are the leading cause of poisonings each year, affecting almost 70,000 children annually!! For more information please visit http://www.safekids.org/medicinesafety
Do your children visit at a grandma or grandpa’s house that may use a non-childproof medication dispenser. These devices are often used by people taking several medications. Often left in a visible location, they can be a temptation to young children. Remind grandma and grandpa to set these up and out of children’s sight and reach.

Medications are the number one cause of poisoning in children. Make sure to store all medications up and out of children’s sight and reach. Locked cabinets are a great storage option for both prescription and over-the-counter medications.

Every year, more than 64,000 children go to an emergency room for medicine poisoning. That’s one child every eight minutes. Almost all of these visits are because a child got into medicine during a moment alone. You can keep this from happening to your child by learning how to store, dose and get rid of medicines safely. Check out this link for more details:

http://www.safekids.org/guide/medication-safety-guide
Safe Storage, Safe Dosing, Safe Kids:

More than 64,000 children are treated in emergency rooms each year because they got into medication while unsupervised. Watch this video, made with the support of McNeil Healthcare, for tips on keeping your kids safe. - See more at: http://www.safekids.org/medsvideo

For a medication safety checklist for parents with kids of all ages, visit:

http://www.safekids.org/checklist/medication-safety-checklist

Put all medicines up and away and out of sight including your own. Make sure that all medicines and vitamins are stored out of reach and out of sight of children. In 3 out of 4 emergency room visits for medicine poisoning, the child got into medicine belonging to a parent or grandparent. - See more at: http://www.safekids.org/medicinesafety#sthash.KpKUFx88.dpuf

Consider places where kids get into medicine. Kids get into medication in all sorts of places, like in purses and nightstands. In 67% of emergency room visits for medicine poisoning, the medicine was left within reach of a child, such as in a purse, on a counter or dresser or on the ground. - See more at: http://www.safekids.org/medicinesafety#sthash.KpKUFx88.dpuf

Consider products you might not think about as medicines. Most parents store medicine up and away - or at least the products they consider to be medicine. They may not think about products such as diaper rash remedies, vitamins or eye drops as medicine, but they actually are and need to be stored safely. - See more at: http://www.safekids.org/medicinesafety#sthash.KpKUFx88.dpuf

Use the dosing device that comes with the medicine. Proper dosing is important, particularly for young children. Kitchen spoons aren't all the same, and a teaspoon or tablespoon used for cooking won't measure the same amount as the dosing device. Use the dosing device that comes with the medicine to prevent dosing errors. - See more at: http://www.safekids.org/medicinesafety#sthash.KpKUFx88.dpuf
Put the toll-free Poison Help Number into your home and cell phone: 1-800-222-1222. You can also put the number on your refrigerator or another place in your home where the babysitters and caregivers can see it. And remember, the poison help number is not just for emergencies, you can call with questions about how to take or give medicine. - See more at: http://www.safekids.org/medicinesafety#sthash.KpKUFx88.dpuf