

**National Poison Prevention Week  
is March 21-28**

# PATHWAYS to INJURY PREVENTION

**WHAT IS A POISON?**

A poison is any product or substance that can harm someone if it is used in the wrong way, by the wrong person, or in the wrong amount. Examples of possible poisons include some household products, chemicals at work or in the environment, drugs (prescription, over-the-counter, herbal, illegal or animal medicines), snake bites, spider bites, and scorpion stings.

The most common poisons among children are:

- pain medicine/fever-reducers
- cosmetics and personal care products
- cleaning substances
- coins, thermometers
- plants
- diaper care, acne preparations, antiseptics
- cough and cold preparations
- pesticides
- vitamins
- gastrointestinal preparations



**Poison Prevention Week  
March 16-22, 2008**

Poisoning is a year-round problem which affects people of all ages. In March, the focus is on unintentional poisonings in young children. These account for about half of all cases handled by the National Capital Poison Center and poison centers nationwide.

Many childhood poisonings are from household chemical products but most fatal poisonings in children are caused by medicines. Virtually all of these injuries are preventable.

In the United States, poison centers provide immediate treatment

advice for poison emergencies. They also provide information about poisons and poison prevention, 24 hours a day, 7 days a week.

For life-saving treatment advice about any kind of poison, call 1-800-222-1222. A specially trained nurse, pharmacist or doctor at your poison center will help. All services are free and confidential.

For free posters, brochures and magnets visit [www.calpoison.org](http://www.calpoison.org)

*Top 10 ways to keep children safe from poison*

- **Place the California Poison Action Line number on or near all phones**
- **Ask for child-resistant containers**
- **Do not store food products and household cleaners in the cabinet**
- **Always keep products in their original containers**
- **Keep harmful medicines and household products out of reach and in locked cabinets**
- **NEVER CALL MEDICINE CANDY!!**
- **Do not take medicine in front of children; they love to imitate adults**
- **Many poisonings occur when a product is in use. If the doorbell or the phone rings, or there are other distractions, keep the product with you.**
- **Know your plants. Check the CPCS web site [www.calpoison.org](http://www.calpoison.org), or call your local plant store or nursery.**
- **Keep potentially harmful products such as cosmetics perfume, cigarettes, alcohol, vitamins with iron, and all medicine completely out of reach.**

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## FIRST AID TIPS

Has the person stopped breathing?

Call 911 or your local emergency number right away.

Swallowed the wrong medicine or took too much medicine?  
Call 1-800-222-1222

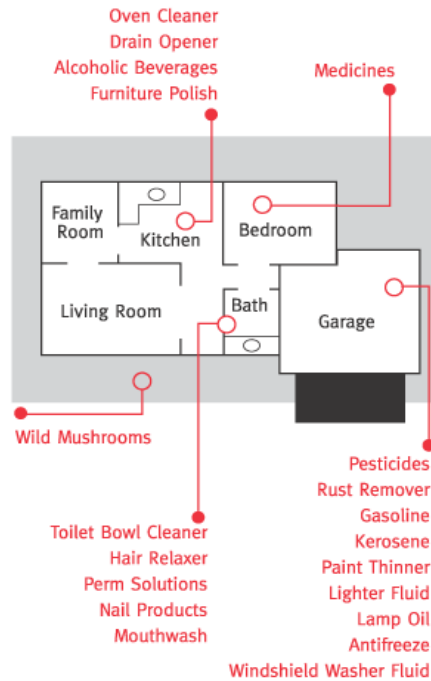
Inhaled poison?  
Get to fresh air right away.  
Call 1-800-222-1222

Poison on the skin?  
Take off any clothing that the poison touched.  
Rinse skin with running water for 15 to 20 minutes.  
Call 1-800-222-1222

Poison in the eyes?  
Rinse eyes with running water for 15 to 20 minutes.  
Call 1-800-222-1222

## You Can Prevent Poisonings at Home

Products and medicines can hurt you if they are used the wrong way, in the wrong amount, or by the wrong person.



Have a question? All questions about poisons are smart questions. Ask FIRST to prevent a poisoning! Call **1-800-222-1222**

## Prevent Carbon Monoxide Poisoning

At the onset of cold weather, we begin operating appliances and equipment that can generate carbon monoxide gas. This includes ALL fuel-burning equipment and appliances – especially if they malfunction or are improperly ventilated. Every year, this results in hundreds of deaths and many thousands of illnesses.

Among the numerous potential sources of carbon monoxide are furnaces, water heaters, stoves, ovens, kerosene space heaters, wood and gas fireplaces, wood-burning stoves, portable generators, and automobile engines.

Carbon monoxide gas is deadly, even though it is colorless, odorless, and tasteless. It may kill quickly or slowly, and there are no warning signs specific to carbon monoxide. Carbon monoxide can cause permanent damage to the brain and other parts of the nervous system. It affects people of all ages, but Infants and children are even more susceptible than adults. Take a simple step to detect carbon monoxide: install a carbon monoxide alarm outside of every sleeping area in your home. Should the alarm sound, open the windows, be sure that everyone leaves the area, and call the appropriate number in your area to determine the cause. Be sure that you do determine and eliminate the cause.

### Is It Candy or Medicine?

Antacids are intended for adults but not for children. In this picture, they join look-alike candy-coated almonds, mints, and candy wafers. A child can't tell these apart. Out of their packaging, adults have a hard time, too.



Protect children and prevent adult mistakes by storing medicines in their original containers. Lock them out of sight and reach of children.

