

# March 2023 CCDC SAFETY MESSAGE

## Poison Prevention

National Poison Prevention Week raises awareness of poison prevention nationwide during the third full week of March every year. The week is an opportunity to highlight the dangers of poisoning for people of all ages and promote community involvement in poisoning prevention.

When accidents happen with chemicals or medicine, call **Poison Help at 1-800-222-1222** where help is available right away from a nurse, pharmacist, or other poison expert. If someone has trouble breathing, call 911 or your local emergency ambulance number right away. **For prevention tips see [www.PoisonHelp.HRSA.gov](http://www.PoisonHelp.HRSA.gov)**. The following tips are provided from that website.

Why should we worry about poisoning? Every day we use medicines, chemicals, and other products at home and work. Many of these products can be poisons. A poison is anything that can harm you if it is used in the wrong way, used by the wrong person, or used in the wrong amount. Often poisons harm you when you don't expect it. Poisoning is a leading public health problem. It does not just happen to children. It can happen to anyone, at any time and in any place. Poisoning is much more common than most people think.

Most poisonings happen when poisons are swallowed, are splashed in the eyes, come in contact with the skin, are breathed in or inhaled.

### Common Poisoning Risks

- cleaning products
- medicines
- animal bites and stings
- carbon monoxide gas (CO)
- plants in the house and yard
- alcohol or drugs of abuse (such as pain killers and cocaine)
- vitamins and food supplements, like minerals and herbs
- cigarettes and cigarette butts
- beauty products, perfumes, and nail polish removers
- insect sprays, weed killers, and plant food
- car care products (such as antifreeze, wiper fluid, motor oil)

### Tips to Prevent Poisonings

- Buy products that children can't open easily. Be aware that child-resistant caps are not risk free. Once a child learns how to open containers with these caps, they will not keep a child safe. A child will only take longer to open them.
- Keep medicines, cleaners, and other poisons out of sight. Keep them in cabinets that are locked or in cabinets that children can't open.
- Be careful when using medicines, cleaners, and other poisons. Don't leave them open when you answer the phone or doorbell. Replace the cap. Take the product with you.
- Always keep products in the containers they came in.
- Install carbon monoxide (CO) alarms in your home.
- Never take medicine in the dark.
- Be careful when taking more than one medicine. Read the labels to avoid an overdose. When taking more than one medicine at a time, make sure it is safe to take them together. If you have a question about medicines, call Poison Help (1-800-222-1222).

Have a **SAFE** and Healthy New Year!

**THINK SMART, BE AWARE, BE FLEXIBLE, BE EDUICATED (**SAFE**)**