

[77 words – about WAPC] **Poison Prevention Week, March 16-22**

1-800-222-1222 connects you to the Washington Poison Center, where specially-trained nurses, pharmacists and poison specialists provide immediate treatment advice for poison emergencies. They provide information 24/7 about poisons and poison prevention for all ages and for animals. Poison help is always free and confidential. Services are also available for people with hearing problems and for non-English speakers.

Planning a trip away from Washington State? Take **1-800-222-1222** with you – it will connect you to the closest poison center!

[80 words – children oriented] **Poison Prevention Week, March 16-22**

During this year's Nation Poison Prevention Week, the Washington Poison Center wants to remind parents and caregivers of the dangers of poisons and of how to prevent poisonings. The theme is "Children Act Fast... So Do Poisons!" For a child, a poison could be a household cleaner, make-up, a plant or medicine. In poison emergencies, or to learn more about making your home safer, call the Washington Poison Center at **1-800-222-1222**, 24/7. Ask about their Mr. Yuk poison help stickers.

[279 words – Poison Center] **Poison Prevention Week, March 16-22**

Many people think a Poison Center is a room with shelves lined with bottles of poisons and antidotes. Nothing could be farther from the truth.

A Poison Center is a knowledge resource center, set up for the benefit of you and your community. Up-to-date information about millions and millions of dangerous products and raw materials is available here for quick, easy retrieval, 24 hours a day, every day. The person who answers your call to the Poison Center is a dedicated, highly-trained poison information specialist with access to the latest medical research in toxicology, the study of poisons. Through regular research and continuing communications with national toxicology specialists, the Poison Center makes itself a resource for the latest information on the treatment for exposures to hazardous substances.

The Poison Center is an education center. The staff helps train and update medical professionals on new toxicological research and treatment. The Poison Center reaches out to the community with valuable education programs for families at home, day care centers, schools, service clubs, civic organizations, etc. The Poison Center serves everyone and animals, too!

The Poison Center serves the community by saving money. When the public—you—learn to call the Poison Center first, at **1-800-222-1222**, when you suspect a poisoning, thousands of needless hospital visits and unnecessary use of emergency transport vehicles are eliminated. With the Poison Center's knowledgeable help, most poisonings can be successfully treated at home. This saves each community hundreds of thousands of dollars annually in medical costs and frees-up police, 911 and other emergency personnel for other people that need them.

Call the Washington Poison Center at **1-800-222-1222** for poison help or for information about preventing poisonings.

[291 words – toddlers] **Poison Prevention Week, March 16-22**

Toddlers are naturally curious about everything around them. They are not aware of the dangers exploring can lead to for themselves, their friends, siblings or pets. These inquiring minds need others to look after them and make their learning environment as safe as possible.

Improperly stored products and toddlers' exploratory nature put them at a higher risk for poisoning than other children. Most children under the age of six think of poisons only as things they can chew or smell bad. They do not think liquids or sprays can be dangerous or that poisons can smell good. In 2004, there were just over 35,000 poisonings of children under six years of age reported to the Washington Poison Center. If you suspect your child was exposed to a poison, call **1-800-222-1222** for free advice.

There is much that can be done to prevent unintentional poisonings. First, use items that are in child-resistant packaging, but recognize that child resistant does not mean childproof. Children have been known to open child-resistant packages to get at what they think might be something to eat or drink, such as candy or soda pop. Children under the age of two typically open child-resistant containers within 4 to 5 minutes. Hopefully, an adult reacts in time or the child will get bored and move on to something safer. Poisons, even in child-resistant containers, must be stored in a secure area out of children's reach.

Teach toddlers in your care that they should never put anything in their mouths without asking a grown-up first. Help them to understand that eating, drinking or even playing with the wrong things can make them very sick.

For more information on poison prevention or to receive a magnet with the Poison Center Hotline, call **1-800-222-1222**.

[464 words – prevention – may want to use pieces] **Poison Prevention Week, March 16-22**

What is a poison?

A poison is any product or substance that can be harmful if it is used in the wrong way, by the wrong person, or in the wrong amount. Any person or animal can get poisoned if they eat it, drink it, breathe it, inject it, or get it on the skin or in the eyes. Millions of people are unintentionally poisoned every year and children under the age of six are at the greatest risk.

Most dangerous poisons:

- Medicines, including iron pills
- Cleaning products that can cause burns: drain opener, toilet bowl cleaner, oven cleaner, rust remover
- Antifreeze
- Windshield washer solution
- Hydrocarbons: furniture polish, lighter fluid, lamp oil, kerosene, turpentine, paint thinner
- Carbon monoxide
- Pesticides
- Mushrooms
- Tobacco smoke
- Alcohol

Why call the Washington Poison Center?

1. The Poison Center is staffed by nurses, pharmacists and other poison specialists who provide emergency information. They may refer you to a hospital, doctor's or veterinarian's office, but most poisonings can be treated at home.
2. Experts are available 24/7.
3. Specialists in poison information provide treatment recommendations for all kinds of poisonings, drug interactions and poison prevention.
4. Poison Center staff considers your pet as part of your family and will assist you as any other call.
5. All calls are free and confidential.
6. The Poison Center will send you poison prevention information and phone stickers.

What to do if a poisoning occurs

1. Stay calm.
2. Immediately call **1-800-222-1222**.
3. Tell the poison expert what happened.
4. Follow the instructions that the Poison Center gives you.

Important checklist to make your home safer from poisons

- Keep all household poisons and medicines in their original, labeled, child-resistant containers.
- Lock poisons and medicines out of small children's sight and reach.
- Be careful with non-prescription and prescription medications and supplements. To avoid confusion, do not refer to medications as "candy" or take them in front of children.

- ❑ Keep purses and diaper bags out of children's reach. Also be aware of visitors' purses and suitcases.
- ❑ Never leave children alone with household products or medications. If you are using a product, take a child with you when stopping to answer the telephone or door. Most poisonings occur when the product is in use.
- ❑ Return household and chemical products to safe storage immediately after use.
- ❑ Know which plants in and around your home can be poisonous and keep them away from children and animals.
- ❑ Take the time to teach children about poisonous substances.
- ❑ Keep the Poison Center Hotline **1-800-222-1222** on or near your phone.

If you have any questions or would like more information about poison prevention, contact the Washington Poison Center at **1-800-222-1222** or visit them online at www.wapc.org.

How high do you score?

Are you a poison PhD? Average? Below average? Here’s a little quiz to help you see how you rate. It’s all in fun... but a poisoning is not a joke. Approximately three million kids accidentally poison themselves each year. And that’s a terrible statistic when you think about all the pain, tears, trauma and anxiety that accompany a poisoning—not to mention the poisonings that end in heartbreak, permanent injury and even death.

The more you know about poisons, the less likely your family is to add to these grim national poisoning statistics.

Go on – take the test. It’s what you don’t know that can hurt you—and those you love—the most.

Section One – What is a poison, anyway?

1. Do you recognize a poison when you see it? Which of the following products are harmful when ingested or misused?

	Can Be Poisonous	Not Poisonous
Perfume/cologne/aftershave	_____	_____
Car and boat care products	_____	_____
Toilet bowl cleaners	_____	_____
Bubble bath	_____	_____
Button batteries	_____	_____
Spot remover	_____	_____
Mouthwash	_____	_____
Insecticides/rodenticides	_____	_____
Fabric softeners	_____	_____
Detergents	_____	_____
Oven cleaners	_____	_____
Rust remover	_____	_____
Deodorants	_____	_____
Hair conditioner/hair dye	_____	_____
Sedatives	_____	_____
Diaper pail deodorizer	_____	_____
Fertilizers	_____	_____
Herbicides	_____	_____
Kerosene lamp oil	_____	_____
Turpentine	_____	_____
Moth repellents	_____	_____
Paint stripper	_____	_____
Analgesics (aspirin & acetaminophen)	_____	_____

Antihistamines	_____	_____
Cold medications	_____	_____
Bourbon whiskey	_____	_____
Beer	_____	_____
Laxatives	_____	_____
Muscle relaxants	_____	_____
Camphor	_____	_____
Multiple vitamins	_____	_____
Periwinkle plant	_____	_____

2. Prescription drugs and over-the-counter medications were responsible for nearly a half of all poisonings last year. Do you know which of these products caused the largest number of exposures?

- _____ A. Sedatives _____ C. Children’s acetaminophen
 _____ B. Antihistamines _____ D. Multiple vitamins

3. Children often do not understand that poison can come in many forms. Most kids think of a poison only as:

- _____ A. Liquid _____ C. Spray
 _____ B. Chunky solid _____ D. Invisible (a fume or gas)

4. Write “T” for true or “F” for false.

- _____ A. Poisons can never be red in color.
 _____ B. There is no such thing as an invisible poison.
 _____ C. Poisons are always ugly.
 _____ D. Poisons always smell “yukky.”
 _____ E. Poinsettias are very poisonous plants.
 _____ F. A little alcohol can’t hurt a child.

Section Two – Who’s most vulnerable to a poisoning accident?

1. In 2005, according to the Washington Poison Center, children under six years of age accounted for what percent of all accidental poisonings?

- _____ A. 15% _____ B. 26% _____ C. 38% _____ D. 61%

2. Children under two-years-old accounted for what percent of all accidental poisonings?

- _____ A. 40% _____ B. 30% _____ C. 20% _____ D. 10%

Section Three – Where and when poisonings happen.

1. Over 90% of all poison exposures occur in one place. Where is it?

- _____ A. The workplace _____ B. Schools
 _____ C. Healthcare facility _____ D. Homes/Apartments

2. Most poisonings occur

- _____ A. Between 8 PM and 8 AM

_____ B. Between 8 AM and 8 PM

3. The peak hours for poisonings are

_____ A. 9 PM to Midnight

_____ B. Midnight to 7 AM

_____ C. Between 5 PM and 8 PM

_____ D. Between 9 AM and Noon

Section Four – What to do if a poisoning occurs.

1. The first thing to do if you suspect a poisoning is

_____ A. Panic

_____ B. Take the dog for a walk

_____ C. Wait to see if there are symptoms

_____ D. Call the Poison Center

2. What percentage of poisonings do you think can be successfully treated at home by calling the Poison Center?

_____ A. 10%

_____ B. 33%

_____ C. 55%

_____ D. 85%

3. To reach a Poison Center anywhere in the United States, call this number

_____ A. 1-800-123-4567

_____ B. 311

_____ C. 1-800-222-1222

_____ D. There is no National Poison Center phone number

Section Five – How to help your family stay safer from poison.

1. Who is this?

_____ A. Mr. Unhappy

_____ B. Grumpy Green

_____ C. Mr. Yuk



2. What does the face stand for?

_____ A. NO!

_____ B. Do Not Touch, Do Not Taste, Do Not Smell

_____ C. A and B

3. What is Syrup of Ipecac?

_____ A. An ingredient used in mixing drinks

_____ B. Good on pancakes

_____ C. A drug used to induce vomiting

4. True or False

- _____ A. Every home should have Syrup of Ipecac.
- _____ B. Syrup of Ipecac should be used only under the direction of a poison center or physician.
- _____ C. Nurses, Pharmacists and other Poison Specialists answer the phones at the Poison Center.
- _____ D. You can call the Poison Center if a pet is poisoned.

ANSWERS – Give your self one point for each correct answer.

Section One

1. Every one of these products can be poisonous if misused. Some are more dangerous than others. These products are only a tiny fraction of all the potentially dangerous products used regularly at home, on the job and at school.

2. A. Always tell your children that medicine is only good for you when you are sick, and only when an adult gives it to you.

3. B. Teach children the four forms of poison – solids, liquids, sprays and invisibles.

4. Every one of these statements is FALSE.

Section Two: 1. D 2. B.

Section Three: 1. D 2. B 3. C.

Section Four: 1. D 2. D. 3. C

Section Five: 1. C 2. C 3. C. 4. All of them are TRUE.

Add up your score.

55-46 right – Practically a poison genius. Share your knowledge. Teach others what you know.

45-40 right – Pretty good, but if you want perfection, call the Washington Poison Center at 1-800-222-1222 for poison prevention information.

Below 40 right – Hmmm. Remember, what most people don't know about poisons could hurt a child. Call the Washington Poison Center, at 1-800-222-1222, for poison prevention information. You'll be glad you did.