

# THE YUK REPORT

Expert Poison Information 24/7

Washington Poison Center

1-800-222-1222

Spring 2010

## WAPC Names Top 10 Poisonings in 2009

**W**e (the WAPC) recorded more than 70,000 cases of humans and animals exposed to toxic substances in 2009. Adults accounted for nearly 36% of the human exposure cases. The most common calls – accounting for over half of those placed to the center’s 24-hour hotline – were about prescription and over-the-counter substances.

According to the State Department of Health, poisonings and drug overdoses remain the leading causes of unintentional injury-related deaths in Washington State, surpassing motor vehicle crashes.

The Poison Center continues to be an important safety net, especially as the number of uninsured in Washington State is projected to reach over one million. Our specially trained medical staff are able to keep nearly 92% of callers home, meaning they are not going to

emergency rooms or urgent care.

The WAPC’s top 10 human poisonings list for 2009 includes:

9. Desiccant (silica gel)
10. Other Non-Drug Substances

Medication errors are very common and also very preventable. To learn more about keeping safe with medications, keep reading this issue of the Yuk Report!

### Did you know . . .

- . . . in 2009, just over 4,500 calls came into the WAPC from EMS personnel?
- . . . we have over 500 fans on Facebook and growing with each day?
- . . . 12 Mr. Yuk billboards will be up in the Yakima area starting March 8th?

1. Ibuprofen
2. Benzodiazepine (tranquilizers)
3. Ethanol (alcoholic beverage)
4. Diaper care/rash product
5. Non-Drowsy Antihistamines (like Zyrtec and Claritin)
6. Pediatric Acetaminophen (children’s Tylenol)
7. SSRI (antidepressants)
8. Adult Acetaminophen (Tylenol)



**If you are concerned that a poisoning may have occurred, immediately call 1-800-222-1222.**

### From the Files

### MONDAYS ON FACEBOOK

Have you become a fan of Mr. Yuk’s on Facebook yet? Every Monday, Mr. Yuk is posting “Another Good Reason to Call the Poison Center.” Here is a sampling of “Another Good Reason...”

#876: 3:35 A.M., Grandma mistakes ear drops for her eye medicine.

#34870: Mom walks into laundry room and sees toddler elbow deep in bucket of laundry detergent.

#1765: A parent walked in on teenager dipping a toothbrush in Clorox bleach in an attempt to “bleach” her teeth.

Fan us on Facebook at: [www.facebook.com/MrYukWA](http://www.facebook.com/MrYukWA)

# 5 Rights of Medication Safety

**M**edication mistakes are common accidents that can be avoided. Medicine is the number one poison the Washington Poison Center gets calls about. Medications include prescription, over-the-counter, vitamins and herbal supplements.

Follow the **5 rights** when taking or giving medicine:

## **The right person.**

Be sure the right person is using the medicine and does not take another person's medicine.

## **The right dose.**

Always check for the proper amount. Consider writing down each dose to be given.

## **The right medicine.**

Read the label every time to avoid making a mistake. Know the name of the medicine when giving or taking it.

## **The right time.**

Follow the label and take medicine at the correct time of day. Some medications are used once a day, some four times a day.

## **The right way.**

Follow instructions. Some medicines interact with certain foods, some need to be taken with food and some should not be taken with other medications.

When one of the above rights is a wrong, call the Washington Poison Center right away at **1-800-222-1222**.

Other medicine safety tips:

- Know the abbreviations for tablespoon (Tbsp.) and teaspoon (tsp.). Use a medication measuring spoon or cup.
- Put your glasses on and turn on a light before taking or giving medication.
- Always use the child-resistant cap, and remember they are not childproof. Most 5-year-olds can open child-resistant caps in under five minutes.
- Offer your visitors a safe place to keep their medications, a locking box or drawer.
- Store your pet's medication in a different location than human medicine.

When a medication error does occur, do not wait for the person to feel sick; call the Washington Poison Center right away at **1-800-222-1222**. If you are visiting another state, take the number with you; it works for the nearest poison center all across the United States.

The Washington Poison Center is always free and open 24/7.

**I'm a Yuk User!**

**National Poison Prevention Week**

March 14-20, 2010

WASHINGTON POISON CENTER  
801(c)(3) nonprofit  
www.wapc.org

1-800-222-1222

POISON HELP

The poster features a collage of photos showing various people and a red car. In the center is a circular logo with a yellow background, a black outline, and a sad face with a tongue sticking out, surrounded by the text 'WASHINGTON POISON CENTER' and '1-800-222-1222'. Social media icons for Facebook and Twitter are also present.

On March 13th Mr. Yuk will be walking in the St. Patrick's Day Parade in Seattle!

**Support Mr. Yuk**

Click online to donate at [www.wapc.org](http://www.wapc.org):

**DONATE NOW THROUGH Network for Good**

**TisBest. LOCAL**

**Vehicle Donations**  
877-999-8322

WAPC is an Equal Opportunity Employer

**POISON HELP**  
1-800-222-1222

The page has a light green background. It features a blue 'DONATE NOW THROUGH Network for Good' button, a gold laurel wreath with 'TisBest. LOCAL' text, and a red car icon with 'Vehicle Donations' text. The Poison Help logo is in the bottom right corner.