

THE YUK REPORT

Expert Poison Information 24/7

Washington Poison Center

1-800-222-1222

Spring 2008

The 5 Rights of Medicine

Medication 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

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.

Did you know . . .

. . . 85% of senior poisonings are from medications?

. . . you can receive The Yuk Report electronically, eliminating the expense of printing and mailing?
Contact newsletter@wpc.org for details.

. . . last year the WAPC was called to help 2,142 people and 1,363 animals who were poisoned by pesticides?

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

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.

From the Files

ISLAND ALLERGY

Recently, our grandson had an allergic reaction. We live on Camano Island where immediate medical assistance is not available. We called the Poison Center. Sue, the person who answered, was wonderful. She was able to assess the situation, provide helpful information and calm our daughter and, therefore, our three-year-old grandson. She gave us guidance for symptoms to watch for and invited us to call back. Approximately an hour and a half later, Sue called to see how our grandson was doing. Fortunately, his reaction was short-lived.

We think the service your organization provides is invaluable. The manner in which our call was handled could not have been more professional. You are a credit to the state of Washington. Enclosed is a contribution to what we feel is one of the best community services available.

Sincerely, David L.

Spring Pesticides: Handle with Care

A pesticide is any chemical used to kill, prevent or control pests. Herbicides (weed killers), fungicides (fungi killers), rodenticides (rat and mice killers) and insecticides (insect killers) are pesticides commonly used in and around the home. Pesticides are also used in schools, parks and other public places. When used properly, pesticides can help you deal with specific problems. However, these products can be very harmful if used the wrong way. Be aware of these common pesticides found in and around your home:

- mothballs
- ant and roach sprays and baits
- insect sprays
- insect repellents for personal use
- rat and house mice poisons
- flea and tick sprays, powders and pet collars
- some weed and insect killers

Buying Pesticides Pesticides can come in different forms: aerosols, sprays, dusts, granular materials or baits. It is important to use what suits your needs. When buying pesticides, study the label. Buy only the amount you need so you won't have a lot left over.

Storing Pesticides Store all pesticides in a well-ventilated cabinet; out of the reach and sight of children and pets. Never put these chemicals in cabinets where food, medical supplies or cleaning materials are stored. Put pesticides safely away as soon as you bring them home and after each use. Put a Mr. Yuk sticker on the container. Always keep pesticides in their original containers and never remove the label. Pesticide labels contain important storage directions.

Applying Pesticides Always follow directions carefully. Wear protective clothing such as coveralls, gloves, closed shoes, goggles and a mask. Only apply pesticides in well-ventilated areas. Remove any toys, food, furniture and dishes before applying a pesticide. Wait until the area is dry before putting back items. While mixing chemicals or treating areas, keep children and pets away. If you must mix or dilute chemicals, do this outdoors in a well-ventilated area. Mix only the amount stated on the label. Always clean spills right away. If you are applying a spray, apply only to areas needing treatment. Never spray or dust outdoors on a windy day. Do not place insect or rodent baits where children or pets can get to them.

Clean Up and Disposal of Pesticides Clean up equipment and safely dispose of all containers. It is the law to follow the instructions for disposal on the label. Empty pesticide containers can be as dangerous as full ones because of the residue left in them. Never pour unused amounts of pesticide down the drain. Wash all your body parts exposed to the pesticide with soap and water after each use; wash clothing. Throw away any leather goods that may have come in contact with the pesticide.

Pesticide Misuse Keep the telephone number of the Poison Center on or near your telephones, **1-800-222-1222**. If you suspect a pesticide poisoning has occurred, call the Poison Center right away. **DO NOT** wait for symptoms to occur. Bring the container with you to the phone, if possible. Important information about the product may be found on the label.

Borrowed in part from the Georgia Poison Center



Mr. Yuk keeps me Safe

NATIONAL POISON PREVENTION WEEK
MARCH 16-22, 2008

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

Poster designed by: **Maliyah Bennett**
Age 9, 4th Grade • Dunlap Elementary School
Seattle, Washington • Instructor: Donna Amira

1-800-222-1222

POISON HELP
1-800-222-1222

Support Mr. Yuk

The Washington Poison Center is a nonprofit, charitable organization relying on community support. To make a tax-deductible donation, send a check or money order to:

Washington Poison Center
155 NE 100th Street, #100
Seattle, WA 98125-8007

Or, call 1-800-572-4104 x2367 to donate by credit card.

Mr. Yuk thanks you for your help!

WAPC is an Equal Opportunity Employer



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POISON CENTER
1-800-222-1222

RETURN SERVICE REQUESTED