

In 2020, the Washington Poison Center (WAPC) handled 138, 528 phone calls and managed 67,504 cases, over 378 calls and 184 cases per day.

There were 55,623 human poison exposures, with children five and younger accounting for 43% of all poison exposure cases. Human exposures with more serious outcomes (moderate, major, or death) accounted for 8.23% of all exposures. There were 11,731 information cases. Slightly more than 57% of cases regarding children under 6 were for non-medications.

While 82% of poisonings were unintentional; nearly 18% were intentional, with suicidal intent suspected in 12% of these cases. Of the 8556 medication errors, 13% were in children under 6 years old and over 30% were in adults 60 years and older.

Please see our Annual Data Reports for information on Cannabis, Opioids, Nicotine, and Older Adults.

Top Ten Substance Exposures 2020

By Substance Major Category:

All Ages		Adults 60 & Older		Adults 20 & Older	
1	Analgesics	1	Cardiovascular drugs	1	Analgesics
2	Antidepressants	2	Analgesics	2	Antidepressants
3	Antihistamines	3	Hormones and hormone antagonists	3	Cardiovascular drugs
4	Cardiovascular Drugs	4	Antidepressants	4	Sedatives/antipsychotics
5	Cleaning Substances	5	Cleaning substances (household)	5	Cleaning substances (household)
6	Cosmetics/Personal Care Products	6	Sedatives/antipsychotics	6	Alcohols
7	Dietary Supplements	7	Cosmetics/personal care products	7	Anticonvulsants
8	Foreign Bodies/Toys	8	Anticonvulsants	8	Antihistamines
9	Plants	9	Gastrointestinal preparations	9	Hormones and hormone antagonists
10	Sedatives/Antipsychotics	10	Miscellaneous drugs	10	Cosmetics/personal care products

Teens 13-19 y/o		Children 6-12 y/o		Children 0-5 y/o	
1	Analgesics	1	Foreign bodies/toys/miscellaneous	1	Cosmetics/personal care products
2	Antidepressants	2	Antihistamines	2	Cleaning substances (household)
3	Antihistamines	3	Cosmetics/personal care products	3	Analgesics
4	Sedatives/antipsychotics	4	Analgesics	4	Foreign bodies/toys/miscellaneous
5	Stimulants and street drugs	5	Plants	5	Supplements/homeopathic
6	Cold and cough preparations	6	Supplements/homeopathic	6	Plants
7	Cardiovascular drugs	7	Vitamins	7	Vitamins
8	Cleaning substances (household)	8	Cleaning substances (household)	8	Topical preparations
9	Alcohols	9	Stimulants and street drugs	9	Antihistamines
10	Anticonvulsants	10	Cardiovascular drugs	10	Pesticides

Top Ten Substance Exposures 2020

By Substance Generic Description:

All Ages		Adults 60 & Older		Adults 20 & Older	
1	Ibuprofen	1	Beta Blocker, Alone	1	Ethanol (Beverage)
2	Melatonin	2	Calcium Antagonist, Alone	2	Atypical Antipsychotic
3	Ethanol (Beverage)	3	Antihyperlipidemic, Alone	3	Benzodiazepine
4	Acetaminophen: Adult Formulation	4	Angiotensin Converting Enzyme Inhibitor, Alone	4	Beta Blocker, Alone
5	Atypical Antipsychotic	5	Angiotensin Receptor Blocker, Alone	5	Bleach: Hypochlorite (Liquid & Dry)
6	Benzodiazepine	6	Benzodiazepine	6	Acetaminophen: Adult Formulation
7	Bleach: Hypochlorite (Liquid & Dry)	7	Antibiotic: Systemic (Po, Iv, Im) Preparation	7	Trazodone
8	Other Non-Drug Substance	8	Gabapentin	8	Ibuprofen
9	Hand Sanitizers: Ethanol Based	9	Acetaminophen: Adult Formulation	9	Gabapentin
10	Other Foreign Body	10	Insulin	10	Bupropion

Teens 13-19 y/o		Children 6-12 y/o		Children 0-5 y/o	
1	Ibuprofen	1	Melatonin	1	Melatonin
2	Acetaminophen: Adult Formulation	2	Other Foreign Body	2	Ibuprofen
3	Fluoxetine	3	Multi Vitamin-Tablet: Child Without Iron or Fluoride	3	Diaper Care/Rash Product
4	Sertraline	4	Methylphenidate	4	Hand Sanitizers: Ethanol Based
5	Atypical Antipsychotic	5	Other Non-Drug Substance	5	Other Foreign Body
6	Ethanol (Beverage)	6	Ibuprofen	6	Acetaminophen: Pediatric Formulation
7	Benzodiazepine	7	Glow Product	7	Toothpaste With Fluoride
8	Diphenhydramine	8	Diphenhydramine	8	Cream/Lotion/Make-Up
9	Hydroxyzine	9	Cetirizine	9	Other/Unknown Essential Oil
10	Trazodone	10	Antihypertensive (Excluding Diuretic), Alone	10	Desiccant