

Preventing Poisoning During COVID-19: Safety Tips with Cleaners, Medications & More

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Housekeeping

- Ask questions in the chat box
- Questions will be addressed at the end of each section
- Please stay muted
- Recording will be posted on Facebook and at www.wapc.org





Where are you tuning in from?

Type your city in the chat box!

Overview/Agenda

The Washington Poison Center

Home walkthrough

Cleaners/disinfectants

Medication management

Intentional use

What to expect when calling





The Washington Poison Center

Washington Poison Center Services



Preventing & reducing harm for over 60 years

- Poison Helpline
- Statewide Services
- Public Health Education



(800) 222-1222

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260+ Languages

Calls to the Washington Poison Center (2019)



> 125,000 calls

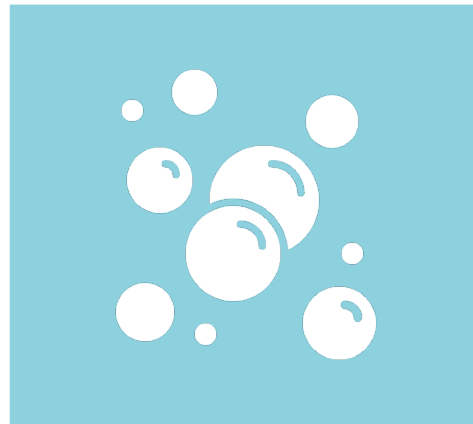
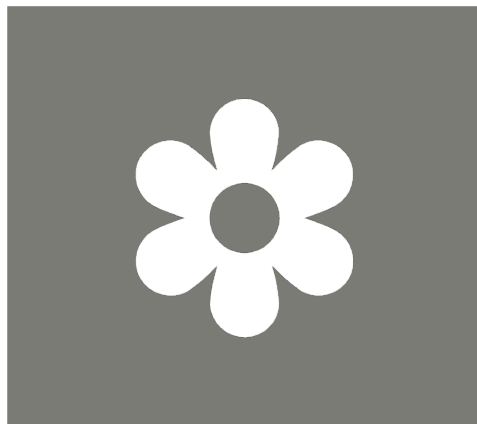
> 66,000 cases



Household "Poisons"

A poison is...

Any product or substance that can be harmful if it is used the wrong way, by the wrong person, or in the wrong amount.



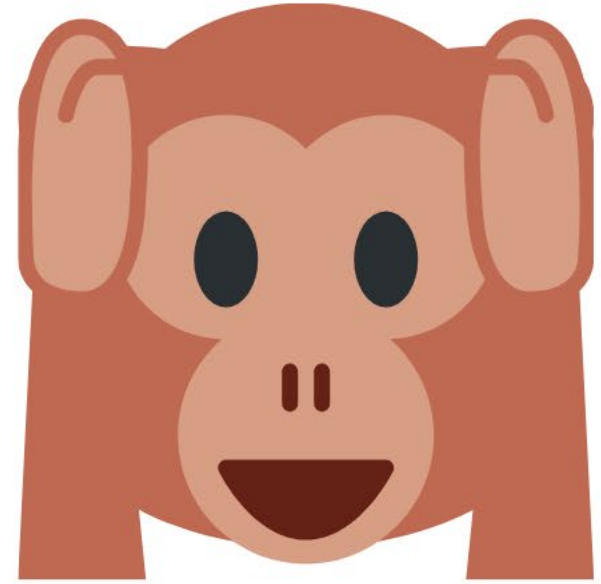
Routes of exposure



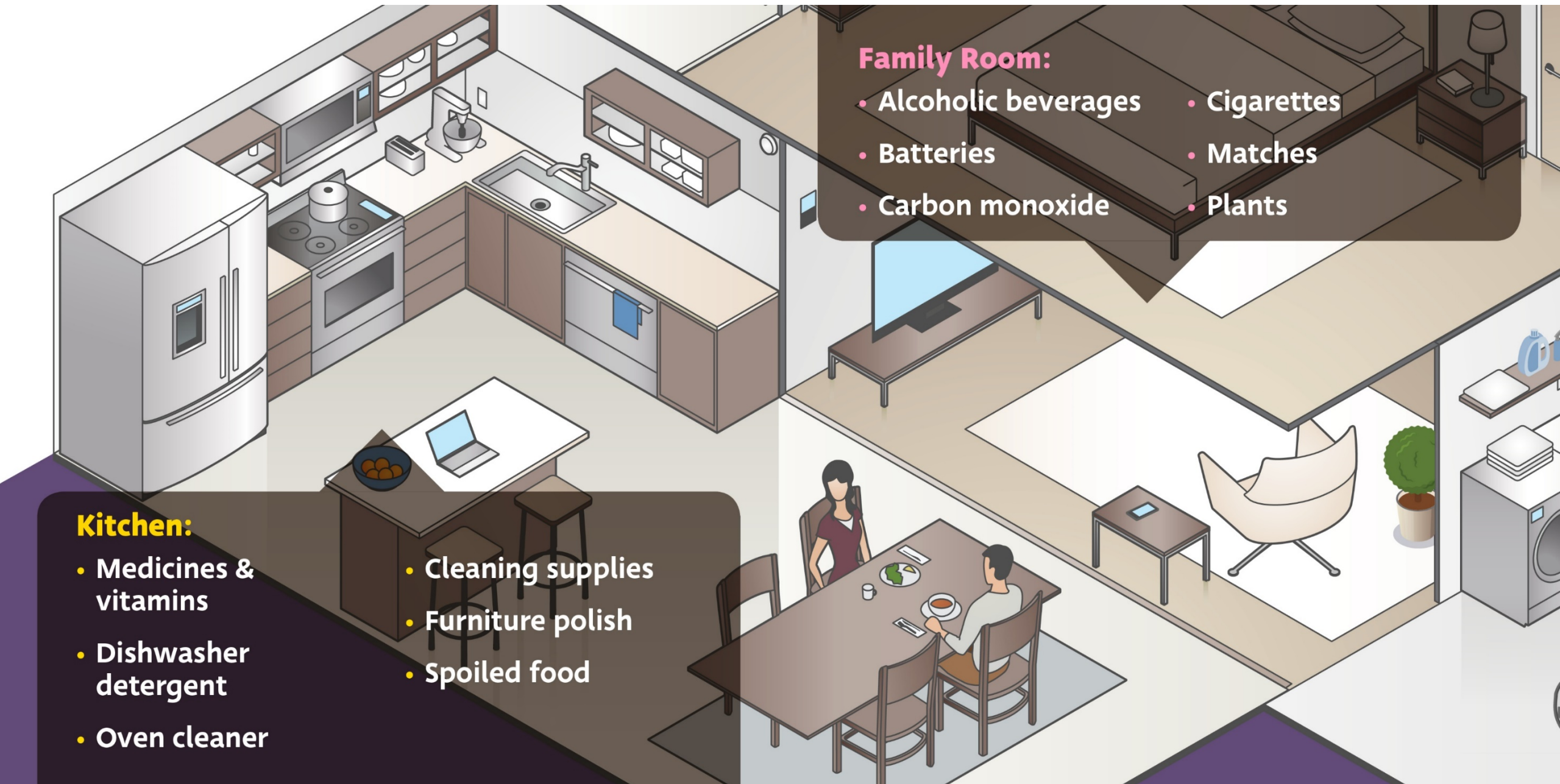
Ingestion
Inhalation



Ocular (Eyes)



Dermal (Skin)



Kitchen:

- Medicines & vitamins
- Dishwasher detergent
- Oven cleaner
- Cleaning supplies
- Furniture polish
- Spoiled food

Family Room:

- Alcoholic beverages
- Batteries
- Carbon monoxide
- Cigarettes
- Matches
- Plants

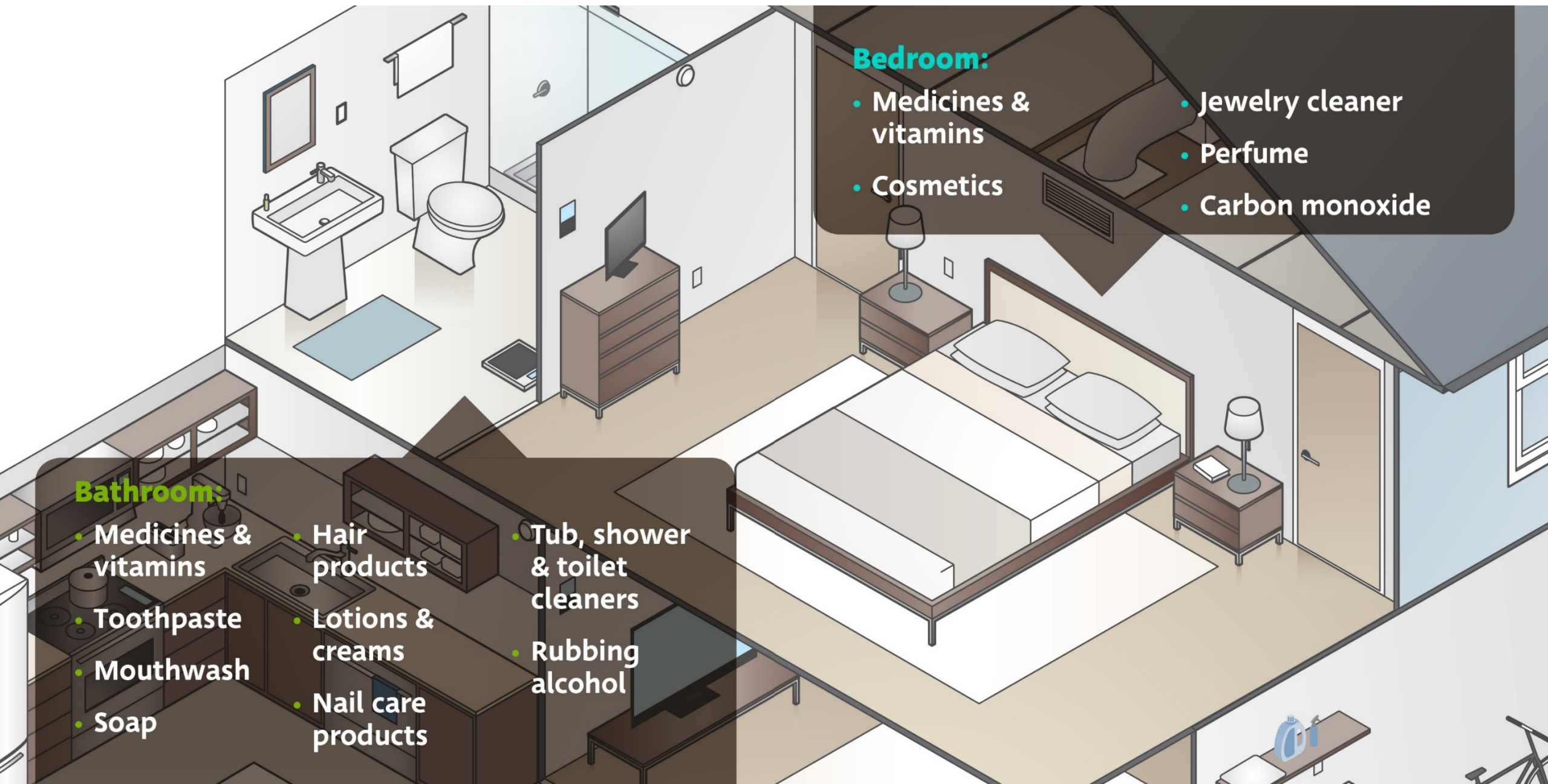


Bedroom:

- Medicines & vitamins
- Cosmetics
- Jewelry cleaner
- Perfume
- Carbon monoxide

Bathroom:

Type in the chat box!



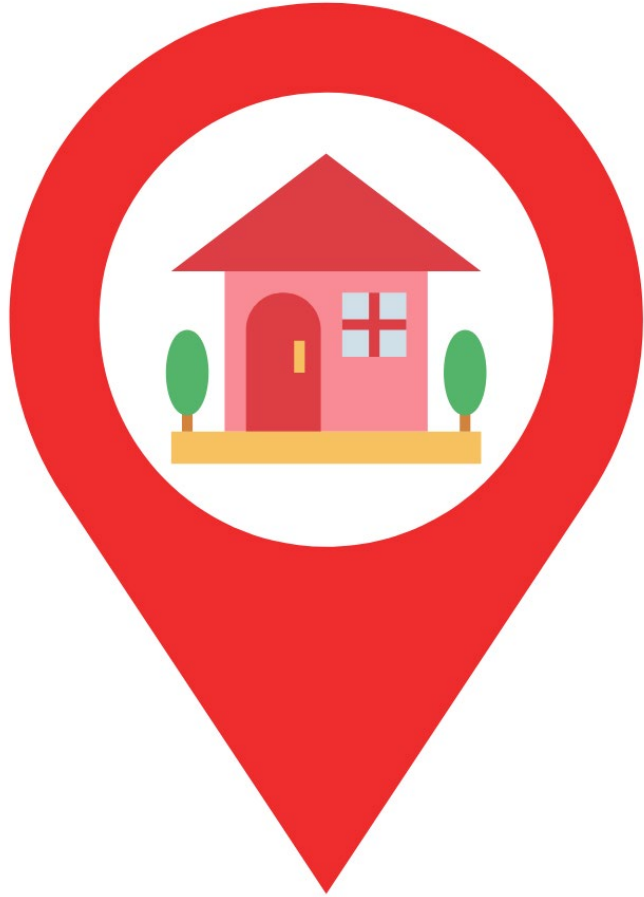
Bathroom:

- Medicines & vitamins
- Toothpaste
- Mouthwash
- Soap
- Hair products
- Lotions & creams
- Nail care products
- Tub, shower & toilet cleaners
- Rubbing alcohol

Bedroom:

- Medicines & vitamins
- Cosmetics
- Jewelry cleaner
- Perfume
- Carbon monoxide

Why does COVID-19 increase risk of accidental poisoning?



- New daily routines
- Likely more products at home (cleaners, meds, substances)
- Increased access to these products
- More stress → less focus
- Rumors and misinformation

We are at home more

Calls to the Washington Poison Center are increasing



- Increase in overall calls
 - Many potential reasons why
- Spikes in substances common to COVID prevention
- WA trends parallel poison center trends across the U.S.



Cleaners & Disinfectants

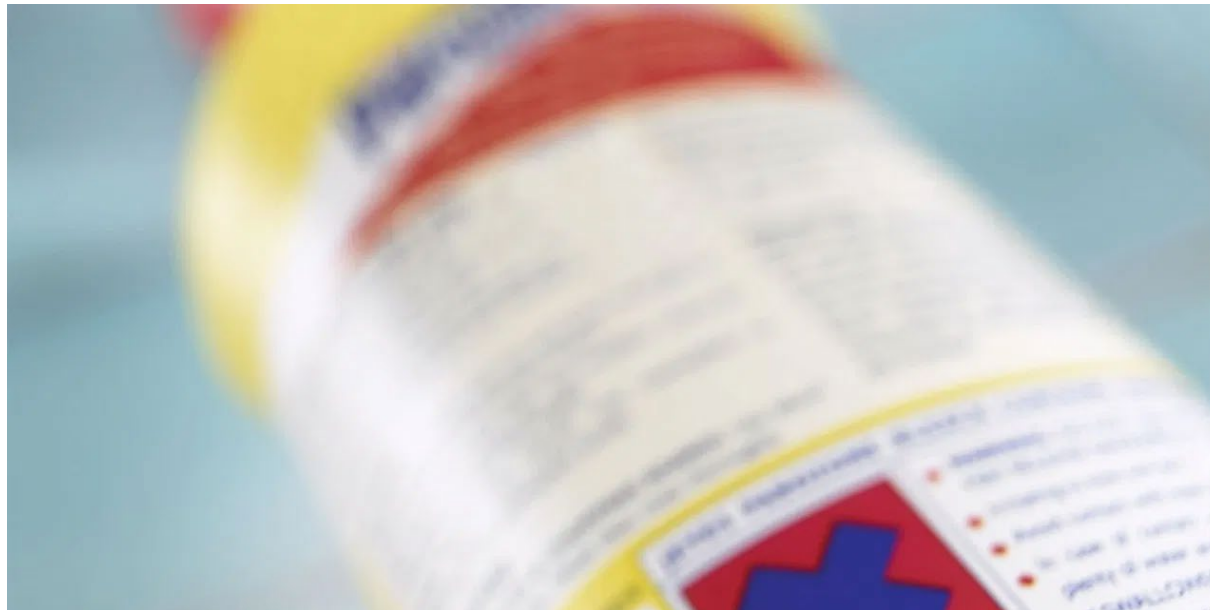
The risk

- Have always been a top substance we receive calls about
- Important for preventing spread of the virus, but harmful when used incorrectly or in the wrong amount
- Increase in Poison Center calls:
 - More products at home
 - More frequent use
 - Distractions



Safe use

- Wear gloves
- Open windows and doors to ensure adequate ventilation
- Read and follow all directions and safety warnings
 - More concentrated ≠ better or more effective



DO NOT MIX THESE CLEANING PRODUCTS

BLEACH + VINEGAR

Bleach and vinegar mixture produces chlorine gas, which can cause coughing, breathing problems, burning and watery eyes.



BLEACH + AMMONIA

Bleach and ammonia produce a toxic gas called chloramine. It causes shortness of breath and chest pain.



BLEACH + RUBBING ALCOHOL

Bleach and rubbing alcohol makes chloroform, which is highly toxic.



HYDROGEN PEROXIDE + VINEGAR

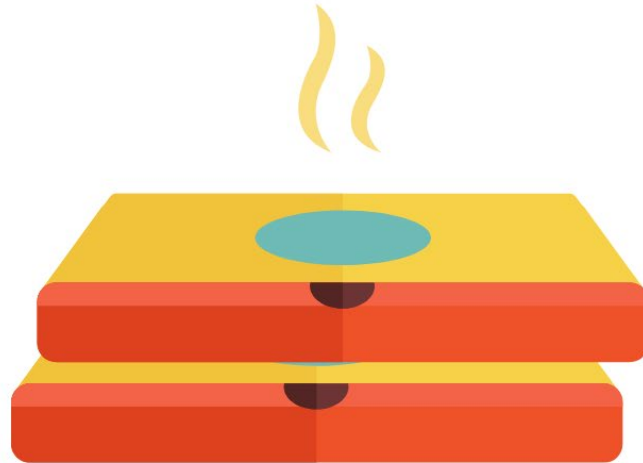
This combination makes peracetic/peroxyacetic acid, which can be highly corrosive



- Do NOT mix products
 - Can produce hazardous gases
- Check product ingredients
 - Sodium hypochlorite = bleach
 - Ammonium hydroxide = ammonia
- Call the Poison Center if you're unsure what is safe

Safe use

- Do NOT use cleaning products on food
- Wash hands
- Wash produce with water



Safe storage

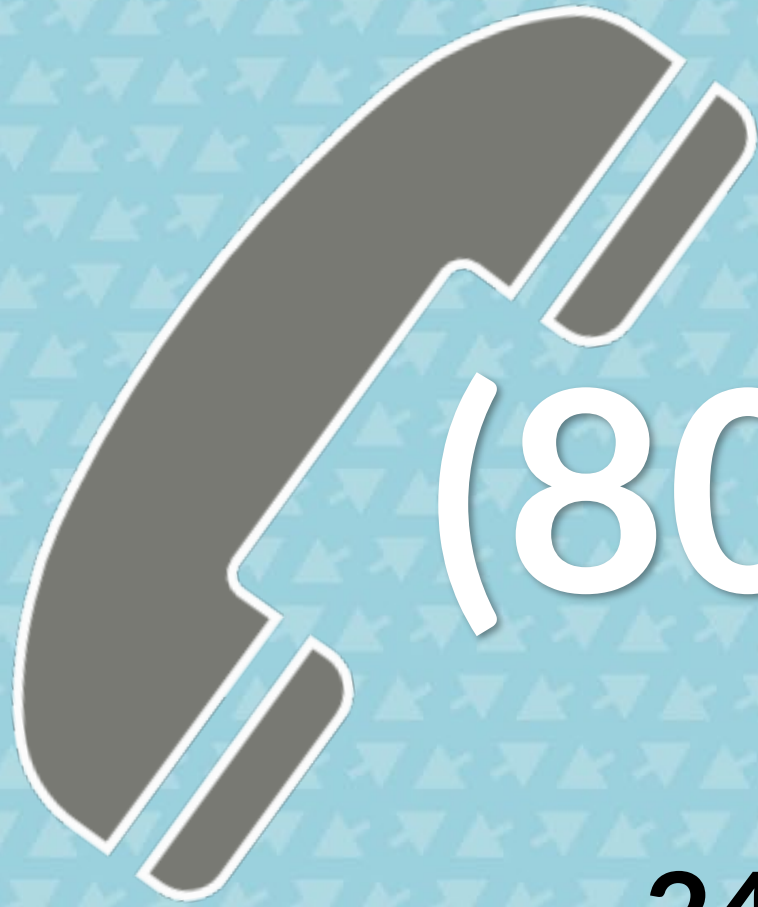


- Store cleaners, household chemicals, and other potentially harmful products in their original containers

Safe storage

- Label products with Mr. Yuk stickers or other forms of quickly identifiable labeling
- Store products up high and out of reach of young children





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Hand sanitizer



The risk

- High alcohol content
 - Stronger than wine, beer, and most hard liquors
 - Risk of alcohol poisoning in children
- We are seeing **DOUBLE** the number of calls about hand sanitizer



Safe use & storage

- Supervise kids when using hand sanitizer
- Use a dime-sized amount, rub hands together until dry
- Keep bottles out of sight and out of reach when not in use



Call the Poison Center immediately if a child is exposed
Do not wait for symptoms



Medication Management

The risk

Medication management = practicing safe & effective medication use



- New daily routines → removes memory cues
- Stress & distractions
- Potentially lost access to support

Physical tracking systems

- Medication checklists
- Calendar
- Cell phone reminder app
- Pill organizers
 - Pill boxes
 - Bubble-wrapped doses from pharmacies



Safe medication storage

- Always keep medications in containers
 - Original container or pill box
- Organize and store medications in a designated area
- Keep medications separate from those of other household members
 - Or use labeling




Use a medication list

- Include medications (Rx and over-the-counter), vitamins, supplements, other substances used
- For each substance, include:
 - Name
 - Dose
 - Purpose
 - Time of day to take it
 - Any special instructions

| PRESCRIPTION MEDICATION LIST | | Date Updated: _____ | Name: _____ |
|--|--|---------------------|-------------|
| Medication name & strength (Example: Simvastatin 10 mg) | | | |
| What I take it for (Example: Cholesterol) | | | |
| How much I take & at what time (Example: 1 pill at bedtime) | | | |
| How do I take it? (Example: by mouth) | | | |
| Special instructions (Examples: take with food; avoid eating grapefruit) | | | |
| What it looks like (Example: pink, oval, imprinted with H, 17) | | | |
| Start & stop date (Example: June 1, 2017 - present) | | | |
| Who prescribed it (Example: Dr. Smith) | | | |
| Where I get it filled (Example: Safeway 2nd St) | | | |

For additional copies, visit www.wapc.org. In case of a medication question or error, call the Washington Poison Center at **1-800-222-1222**. In case of emergency, always call **911**.

 **WASHINGTON POISON CENTER**
(800) 222 1222

Available at wapc.org

Read medication labels closely

- Follow the instructions
 - Take recommended dosage at recommended time increments
- Check ingredients in over-the-counter medications
 - Ensure you don't double dose with any other medications

The image displays three medication labels side-by-side. The leftmost label is for Tylenol, showing the 'Drug Facts' section with active ingredients (Acetaminophen 325 mg, Dextromethorphan HBr 10 mg, Guaifenesin 200 mg, Phenylephrine HCl 5 mg) and their purposes (Pain reliever/fever reducer, Cough suppressant, Expectorant, Nasal decongestant). The middle label is for Vicks DayQuil Severe, showing the 'Drug Facts' section with active ingredients (Acetaminophen, Phenylephrine HCl, Dextromethorphan HBr, Guaifenesin) and their purposes (Pain reliever/fever reducer, Cough suppressant, Expectorant, Nasal decongestant). The rightmost label is for Vicks Max Strength DayQuil Severe, showing the 'Drug Facts' section with active ingredients (Acetaminophen, Phenylephrine HCl, Dextromethorphan HBr, Guaifenesin) and their purposes (Pain reliever/fever reducer, Cough suppressant, Expectorant, Nasal decongestant).

Do Not Use if pouch is broken or torn.

Failure to follow these warnings could result in serious consequences.

Drug Facts

Active ingredients (in each caplet)

| Active ingredients (in each caplet) | Purpose |
|-------------------------------------|-----------------------------|
| Acetaminophen 325 mg | Pain reliever/fever reducer |
| Dextromethorphan HBr 10 mg | Cough suppressant |
| Guaifenesin 200 mg | Expectorant |
| Phenylephrine HCl 5 mg | Nasal decongestant |

Uses

- temporarily relieves common cold/flu symptoms:
- nasal congestion
- sinus congestion & pressure
- cough due to minor throat & bronchial irritation
- minor aches & pains
- headache
- fever
- sore throat
- reduces swelling of nasal passages
- temporarily restores freer breathing through the nose
- promotes nasal and/or sinus drainage
- helps loosen phlegm (mucus) and thin bronchial secretions to rid the bronchial passageways of bothersome mucus and make coughs more productive.

Warnings

Liver warning: This product contains acetaminophen. Severe liver damage may occur if you take more than 4 doses in 24 hrs, which is the maximum daily amount for this product.

Sore throat warning: If sore throat is severe, persists for more than 2 days, is accompanied or followed by fever, headache, rash, nausea, or vomiting, consult a doctor promptly.

Do not use

- with any other drug containing acetaminophen (prescription or nonprescription). If you are not sure whether a drug contains acetaminophen, ask a doctor or pharmacist.
- if you are now taking a prescription monoamine oxidase inhibitor (MAOI) (certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease), or for 2 weeks after stopping the MAOI drug, if you do not know if your prescription drug contains an MAOI, ask a doctor or pharmacist before taking this product.

Ask a doctor before use if you have

- liver disease
- heart disease
- high blood pressure
- thyroid disease
- diabetes
- trouble urinating due to enlarged prostate gland
- cough that occurs with too much phlegm (mucus)
- persistent or chronic cough such as occurs with smoking, asthma, chronic bronchitis, or emphysema

Ask a doctor or pharmacist before use if you are taking the blood thinning drug warfarin.

When using this product, do not use more than directed.

Stop use and ask a doctor if

- you get nervous, dizzy or sleepless
- pain, nasal congestion, or cough gets worse or lasts more than 7 days
- fever gets worse or lasts more than 3 days
- redness or swelling is present
- new symptoms occur
- cough comes back or occurs with rash or headache that lasts.

These could be signs of a serious condition.

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. Overdose warning: Taking more than directed can cause serious health problems. In case of overdose, get medical help or contact a Poison Control Center right away. Quick medical attention is critical for adults as well as for children even if you do not notice any signs or symptoms.

Directions

| do not exceed 4 doses per 24 hrs | |
|----------------------------------|----------------------------------|
| adults & children 12 yrs & over | 2 caplets with water every 4 hrs |
| children 4 to under 12 yrs | ask a doctor |
| children under 4 yrs | do not use |

Drug Facts (continued)

- when using other DayQuil or NyQuil products, carefully read each label to ensure correct dosing

Other information

- each caplet contains: sodium 4 mg
- store at room temperature

Inactive ingredients croscarmellose sodium, crospovidone, FD&C Yellow No. 6, maltodextrin, microcrystalline cellulose, polyethylene glycol, polysorbate 80, polyvinyl alcohol, povidone, pregelatinized starch, silicon dioxide, stearic acid, talc, titanium dioxide

Questions? 1-800-251-3374

www.vicks.com

PARENTS: Learn about teen medicine abuse. www.StopMedicineAbuse.org

Do Not Use if pouch is broken or torn.

Product repackaged and distributed with permission of the manufacturer by: JC World Bell Wholesale Company, Inc. Hackensack, NJ 07601

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NEW Fights More Symptoms than DayQuil Cough & Flu

VICKS

DayQuil SEVERE

COLD & FLU

Acetaminophen, Phenylephrine HCl, Dextromethorphan HBr, Guaifenesin

- Headache, Fever, Sore Throat, Minor Aches & Pains
- Nasal/Sinus Congestion & Sinus Pressure
- Cough
- Chest Congestion

MAX STRENGTH

Non-Drowsy

TO OPEN
PUSH IN TAB AND PULL OUT

See Full Drug Facts information on the back of this dispenser

25 PACKETS OF 2 COATED CAPLETS

Add labeling to "look-a-like" substances

- Use markers, stickers (like Mr. Yuk!), tape, or other types of labels to distinguish “look-a-likes”



If kids are around...



- Take medication out of sight of children
- Check carpet/floors for dropped medication
- Store all medications where they cannot be seen or reached by children



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Self-medicating: the risk

- There are currently NO approved medications, vaccines, supplements, vitamins, or any other substance to prevent or treat COVID-19
- Be wary of product claims. Some products could lead to:
 - Harmful or even life-threatening side effects
 - Interactions with other medications



Substance safety

- Talk to your doctor/pharmacist or call the Poison Helpline before trying a new medication, vitamin, or supplement
- Never ingest disinfectants (like bleach) or non-pharmaceutical substances that claim to prevent or treat COVID-19
- Call the Poison Helpline if you are unsure if a substance is safe

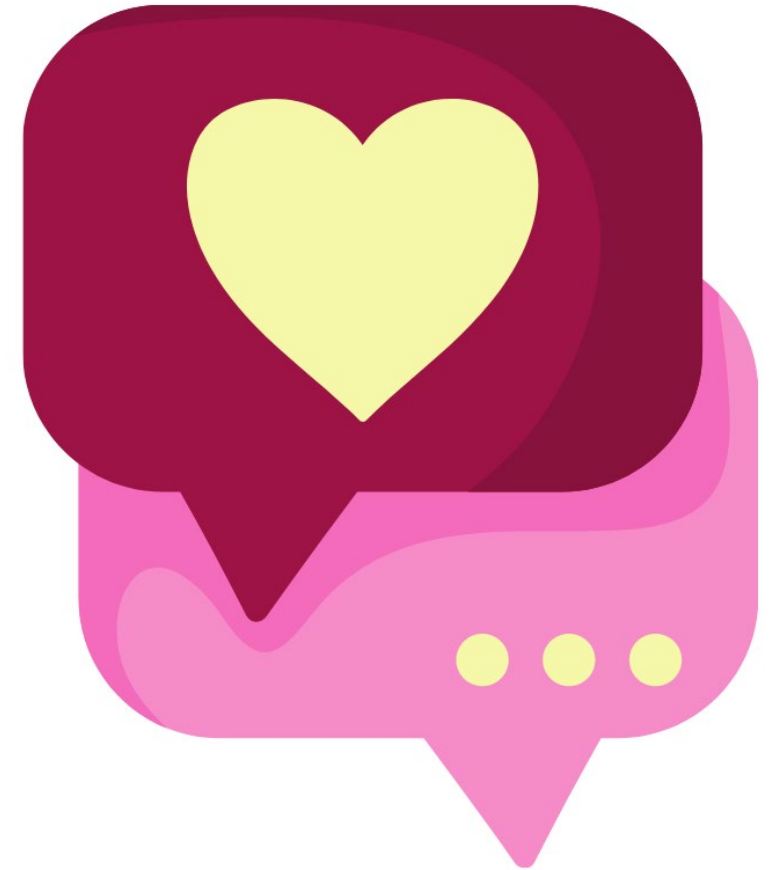
 **1-800-222-1222**

Other intentional use

- Intentional use is always a concern for WAPC
 - 2019: 17% of cases were intentional
 - 2019: 11% of cases were suspected suicide
- Stress and isolation increases our risk of anxiety and depression
- COVID-19-related isolation and stress may increase risk of substance use, self-harm, and/or suicide

Prevention strategies

- Take breaks from the news
- Set up regular communication
- Reconnect with organizations or social connections that were an important part of your life pre-COVID-19
- Explore virtual resources:
 - [Care for Your Coronavirus Anxiety Toolkit](#)
 - Suicide Prevention Resource Center:
[Resources to Support Mental Health & Coping](#)



NATIONAL

SUICIDE PREVENTION

LIFELINE™

I-800-273-TALK
www.suicidepreventionlifeline.org



**for immediate help after
self-harm**



**What to expect
when calling us**

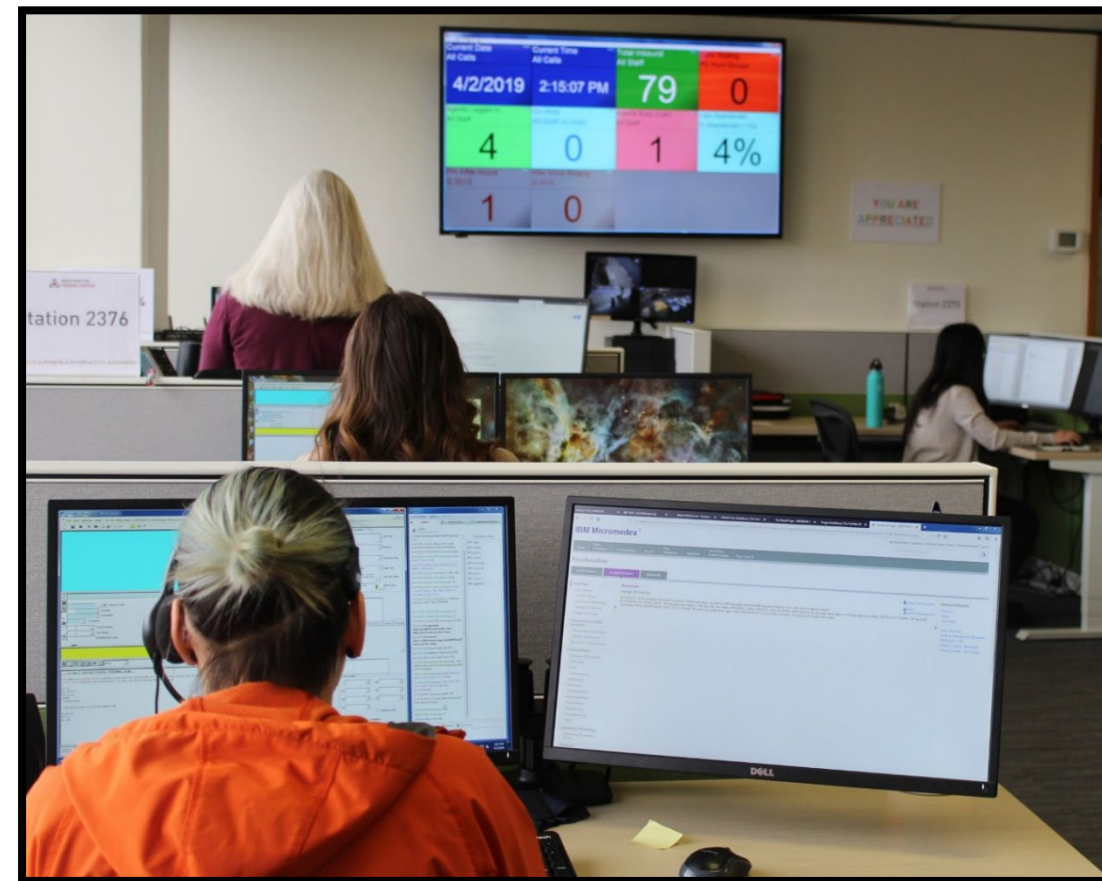
When should you call us?

- If you have ANY questions or emergencies with potential poisons
 - It does NOT have to be an emergency to call WAPC
 - Call about yourself or another
- We are STILL OPEN during the COVID-19 pandemic
- Call us first to:
 - Decrease emergency room and 911 burden
 - Save money
 - Prevent further COVID-19 exposure



You will talk to a poison expert

- Specialists in Poison Information (SPI's): expert-level nurses, pharmacists, and poison information providers
- On-call Board Certified Medical Toxicologists



Tell us what happened

- What was taken?
- How long ago did it happen?
- How much was taken?
- How is the person feeling?

It is ok if you
do not know
all of this!



We will tell you what to do

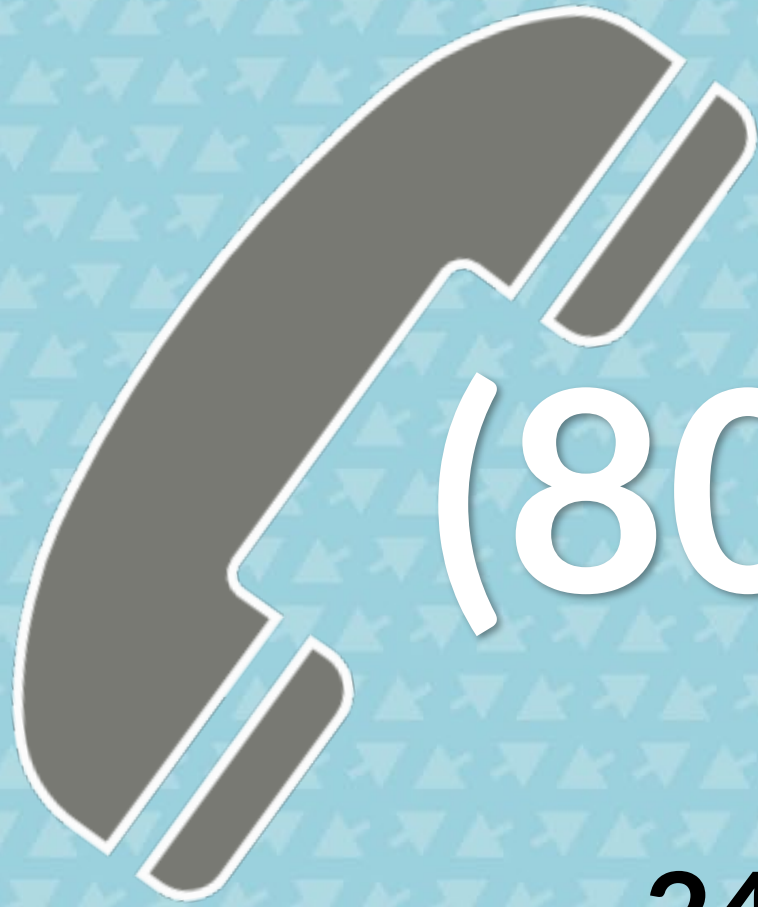


- Stay home – what to do, what to watch for
 - Most of the time, we can treat you at home
- Go to the emergency room
- We also receive calls from healthcare facilities

We will oftentimes call you back!

- A SPI will oftentimes call you back – just to make sure everything is alright
- You can ask more questions then or call back later with other concerns

Just
checking
in!



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Thank You!

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