MAFES Dawg Tracks

March 19, 2018



Poison Prevention

National Poison Prevention Week.

What Is a Poison?

Anything that can harm someone if it is used in the wrong way, used by the wrong person, or used in the wrong amount.

Some poisons may be harmful if they come into direct contact with your eyes or skin. Others may be toxic if you breathe them or swallow them. Poisons can come in four forms:

- Solids (such as pain medicine pills or tablets),
- Liquids (such as household cleaners, including bleach),
- Sprays (such as spray cleaners)
- Gases (such as carbon monoxide, or CO).

Most consumer products are safe if label directions are followed, but some can be poisonous if used incorrectly.

How to Prevent Poisoning:

Making your home safe is critical to avoiding poisoning because more than 90 percent of poisonings occur in the home. Don't forget to educate your children & teenagers too.

- Never mix household or chemical products together. Doing so can create a dangerous gas.
- Never share prescription medicines. If you are taking more than one drug at a time, check with your health care provider, pharmacist, or call the toll-free Poison Help line (1-800-222-1222) to find out more about possible drug interactions.
- Keep all chemicals, household cleaners, medicines, and potentially poisonous substances in locked cabinets or out of the reach of children.

When there is an Emergency:

If you or someone you know may have been poisoned, call the toll-free Poison Help line right away 1-800-222-1222, which connects you to your local poison center. If the person is not breathing, call 911. Do not wait for signs of a poisoning before calling the Poison Help line. Do not panic. Not all medicines, chemicals, or household products are poisonous. Not all contact with poison results in poisoning.

- If the person **inhaled** poison, get to fresh air right away.
- If the person has poison **on the skin**, take off any clothing the poison touched. Rinse skin with running water for 15 to 20 minutes.
- If the person has poison in the eyes, rinse eyes with running water for 15 to 20 minutes.
- Your poison center can give you other first-aid advice and may save you from a visit to the emergency room.

Specially trained poison experts at these poison centers – nurses, pharmacists, and doctors – can be reached by calling the toll-free Poison Help Line:

1-800-222-1222

Poison centers provide:

- Help with a poisoning emergency, which can often be solved over the phone rather than calling 911 or visiting the emergency room
- Advice to health care professionals and the general public
- Real-time data collection that aids in detecting public health emergencies
- Free and confidential help, with interpretation services available in 161 languages. Service is available throughout the entire United States and many territories.

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