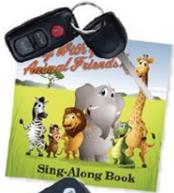


January

Button batteries pose a real danger to kids. They are in almost every electronic item in your home. Children are curious by nature and figure out how to open these items and gain access to these small batteries before parents even realize what they are doing! For more information, please visit...

http://www.safekids.org/safetytips/field_risks/batteries/field_risks/medication



Keep items that may contain coin-sized lithium batteries out of reach of children.



If a button battery is swallowed, unlike a penny or other coin, you cannot wait to “let it pass in the stool”. You need to have it removed from the stomach or intestines within 2-3 hours of it being swallowed or the chemicals in the battery will be released, causing burns in the body. If swallowed, take the child to the emergency room right away for immediate treatment and removal of the button battery.

Having a working carbon monoxide detector in every level of your home could save your life. Learn more at:

<http://www.cdc.gov/co/faqs.htm>



Children's products such as games or books are required to have a screw-on cover to protect the button battery compartment. Adult products are not regulated/protected in the same way and often have battery compartment covers that come off easily and are accessible to children. Put items such as calculators, remote controls, keyless entries and garage door openers up and out of children's reach.



Button batteries pose a little known hazard to children. Check out this web site for great resources on the dangers of button batteries to children. <http://safekidsgf.com/safety.html>

The Battery Controlled

Did you know...

...the battery found in devices like this can get stuck in a child's throat, and in just two hours burn a hole in the esophagus?

1 Keep Out of Reach 2 Get help fast 3 Share this message

TheBatteryControlled.com Working together to prevent injury. **Energizer** **SAFE KIDS**

This video tells the story of a young man that swallowed a button battery and the dangers that they pose. Check it out at: <http://www.safekids.org/video/emmetts-story-dangers-swallowing-coin-lithium-battery>

February



If an antifreeze or windshield wiper poisoning occurs, DO NOT "wait and see" if a person or pet will have a problem. You may not notice ill effects for several hours or longer.

Many children, and adults, accidentally drink antifreeze or windshield wiper fluid when it is stored in drink containers. Also, animals sometimes drink antifreeze that spills or leaks out of radiators. It has a sweet taste.

Prevent antifreeze and windshield wiper fluid poisoning.

- Keep caps tightly closed.
- Store products out of sight and reach.
- Keep products in the original containers.
- Clean up radiator spills or leaks immediately.

For more information, call your poison center at **1-800-222-1222**.

Tip: if you're warming your car up, make sure you take it out of the garage first to avoid carbon monoxide poisoning.

- The dangers of carbon monoxide are increased during the winter. Learn the symptoms of carbon monoxide poisoning to keep your family safe. <http://bit.ly/18JR6JZ>
-



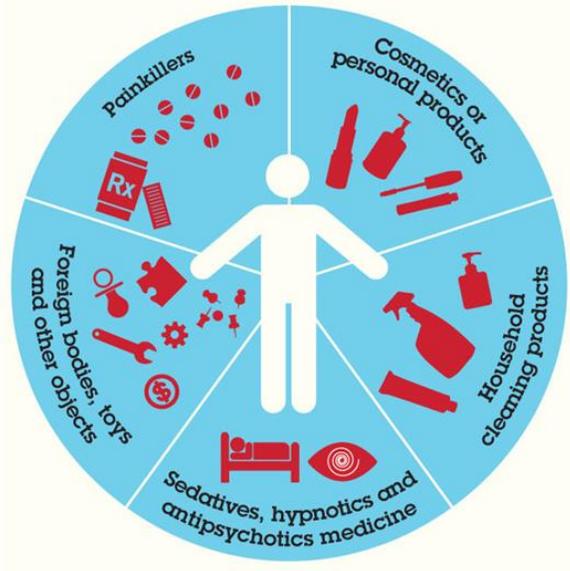
POISON PERIL

Poisonings are more common—and more deadly—than you realize

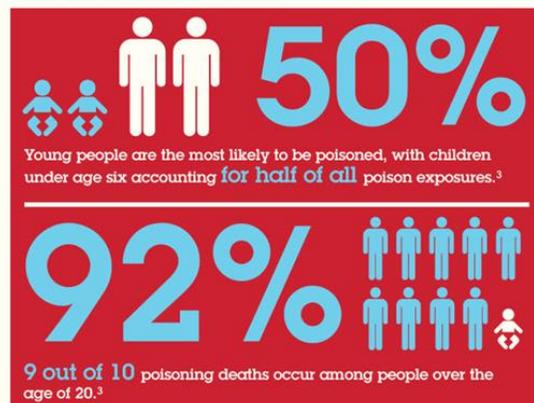
POISON Help
1-800-222-1222

Poisonings are preventable and treatable and there's a resource to help: the **Poison Help line, 1-800-222-1222**, which connects you to your poison center. The nurses, pharmacists, doctors and poison experts that staff the line 24 hours a day, 365 days a year, can give you free and confidential advice from how to handle an emergency to how to protect your family from poison dangers. To learn more, visit www.PoisonHelp.hrsa.gov.

Top 5 Causes of Poisoning³



Who's at Risk?



How Common is Poisoning?

Drug-related poisonings cause nearly
700,000
visits to hospital emergency rooms
each year.¹

Poisonings cause more than
35,000
deaths each year.²



What Can You Do?



**1-800
222-1222**



Call the **Poison Help line, 1-800-222-1222**, if someone you know may have been poisoned or just to ask a question.

Call **911** if someone is unconscious or has trouble breathing.

Program the **Poison Help line** into your cell and home phones.

Share this information with family & friends.



HAPPY EASTER
from the Minnesota Poison Control System
1-800-222-1222

Easter Egg Safety Tips

- Do not decorate, hide, or eat cracked eggs.
- Refrigerate eggs until you are ready to hide them.
- Discard eggs that have been out of the refrigerator for more than two hours.
- Hard-boiled eggs stored in the refrigerator may be kept up to seven days.
- Questions? Call 1-800-222-1222. Available 24/7, even on holidays.

180 Million
The number of eggs Americans will buy to dye and decorate this year.

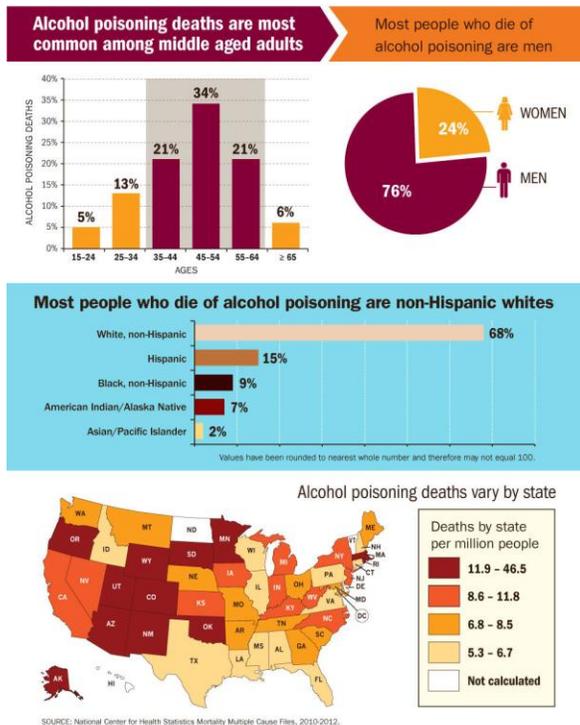
 Got a Poison Emergency or Questions? Call 1-800-222-1222

Alcohol Poisoning

An average of 6 people die of alcohol poisoning each day in the US.

76% of alcohol poisoning deaths are among adults ages 35 to 64.

About 76% of those who die from alcohol poisoning are men.



Binge drinking can lead to death from alcohol poisoning.

- Binge drinking (4 or more drinks for women or 5 or more drinks for men in a short period of time) typically leads to a blood alcohol concentration (BAC) that exceeds 0.08 g/dL, the legal limit for driving in all states.
- US adults who binge drink consume an average of about 8 drinks per binge, which can result in even higher levels of alcohol in the body.
- The more you drink the greater your risk of death.

Life-threatening signs of alcohol poisoning include:

- Inability to wake up
- Vomiting
- Slow breathing (fewer than 8 breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Seizures
- Hypothermia (low body temperature), bluish skin color, paleness

What is a “standard drink” in the US?

12 ounces of beer
5% Alcohol

OR

8 ounces of malt liquor
7% Alcohol

OR

5 ounces of wine
12% Alcohol

OR

1.5 ounces of distilled spirits
40% alcohol (80 proof)
e.g., vodka, whiskey, gin, rum



Children’s bodies absorb alcohol rapidly. This can occur in less than 30 minutes. Alcohol affects the central nervous system. Symptoms can include confusion, vomiting, and seizures. The child may have difficulty breathing and flushed or pale skin. Alcohol impairs the gag reflex. This can cause choking. Alcohol may also cause low blood sugar in children. This can result in a coma from the alcohol and/or the low sugar.

Preventing Alcohol Ingestion:

1. Know what products in your home contain alcohol.
2. Keep all alcoholic drinks and other liquids containing alcohol on a high shelf, out of your child’s reach. Preferably, store them in locked cabinets. All liquids should be kept in their original, labeled containers.
3. Throw away unfinished alcoholic drinks. Avoid leaving them out on a counter. Return all liquids to locked cabinets immediately after use.
4. Discard used containers where your child will not find them.
5. Teach your child the dangers of sampling any substance without your permission.

Get Emergency Medical Attention

if your child has any of the following:

- Difficulty breathing
- Choking or vomiting
- Confusion or seizures
- Giddiness, slurred speech, or inability to walk normally or think clearly

Special Notes To Parents:

The National Poison Control Center phone number is 800-222-1222. Post it near your phone. Call Poison Control and 911 immediately if you suspect your child has ingested any liquid containing alcohol.



Underage drinking is when anyone under the minimum legal drinking age of 21 drinks alcohol.

Underage drinking is a risk that attracts many developing adolescents and teens. When young people try alcohol, they often don't realize the damaging effects drinking can have on their own lives, their families, and their communities.

Aside from being illegal, underage drinking is a widespread public health problem that poses many risks.

Here's why:

Underage drinking is widespread

- According to the 2013 National Survey on Drug Use and Health (NSDUH), 35.1 percent of 15-year-olds report that they have had at least 1 drink in their lives.
- About 8.7 million people ages 12–20 (22.7 percent of this age group) reported drinking alcohol in the past month (23 percent of males and 22.5 percent of females).

Underage drinking risks include:

- **Death** – 4,358 people under age 21 die each year from alcohol-related car crashes, homicides, suicides, alcohol poisoning, and other injuries such as falls, burns, and drowning.
- **Serious injuries** – More than 190,000 people under age 21 visited an emergency room for alcohol-related injuries in 2008 alone.
- **Impaired judgment** – Drinking can cause kids to make poor decisions, which can then result in risky behavior like drinking and driving, sexual activity, or violence.
- **Increased risk for physical and sexual assault** – Youth who drink are more likely to carry out or be the victim of a physical or sexual assault.
- **Brain development problems** – Research shows that brain development continues well into a person's twenties. Alcohol can affect this development, and contribute to a range of problems.

For more details, statistics and resources for underage drinking, please visit:

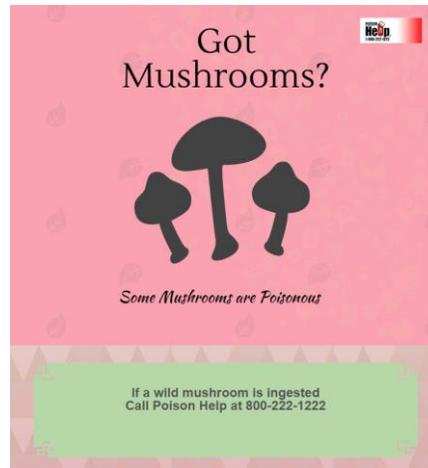
http://pubs.niaaa.nih.gov/publications/UnderageDrinking/Underage_Fact.pdf

<http://www.parentslead.org/>

May

Do you have hazardous chemicals in your garage or shop? Of course you do! Visit the following link to make sure you are taking the necessary precautions this Spring/Summer:

<http://community.homedepot.com/howto/ArticleDetail/Safe-Chemical-Storage-in-the-Garage-and-Shed-ka45000000PDY9>



At the store...

Separate your meats from other foods.

Refrigerate 35-40°F

Freeze 0°F

Summer Spoils! Cars heat up quick! Experts say to get groceries home within 1 hour!

Summer Grilling & the CHICKEN ABCs
Always Be Careful.

KEEP IT COOL: U.S. Dept. of Health & Human Services recommends these temps:

Basics in the kitchen...

Always wash your hands for 20 sec. with hot, soapy water.

TIP Sing the ABCs to time it.

Use hot, soapy water to clean surfaces & utensils.

TIP Separate cutting boards.

Washing raw meat & poultry can splash bacteria around your kitchen!

TIP Sanitize sponges in the dishwasher or microwave them for 1 min. to kill over 99% of bacteria!

Use 1 tbsp. of bleach per gallon of water.

3 WAYS to store or marinate meat & poultry

SAFEST IN A COVERED CONTAINER IN THE FRIDGE.

SAFE IN A COVERED CONTAINER IN THE FREEZER.

SAFE SUMMERFRESH: COOL WATER IN THE SOAK, CHANGE WATER EVERY 30 MIN & COOK IMMEDIATELY.

SAFE MICROWAVE & COOK IMMEDIATELY.

DO NOT PUT ON THE OPEN AIR OR COUNTERTOP!

Cooking on the grill...

Check the temperature at the thickest point on your poultry.

TIP Make 2 batches of marinade.

TWO TONGS MAKE A RIGHT! Use different plates & utensils for raw vs. cooked food.

Always cook meat & poultry according to package guidelines on labels.

COOKING POULTRY TO 165°F KILLS ALL BACTERIA.

Store it wisely...

Check all fresh meat & poultry sell-by and freeze-by dates.

Keep them separate in the fridge.

STACK SMART: Overstuffing fridge can hinder air flow.

Do not leave food out for more than 2 hours.

Cooked meat & poultry can last

2-6 MO. in the freezer

3-4 DAYS in the fridge

NEARLY 1 IN 6 Americans get sick from **FOODBORNE ILLNESS** EACH YEAR & THE USDA says reports rise during the summer due to **WARMER TEMPS.**

BUT EVEN THE MOST SEASONED CHEFS face food safety risks.

SUMMER IS SPECTACULAR for outdoor dining & entertaining.

The American Association of Poison Control Centers

Poisons in Your Home

Locate and lock up common household poisons to keep yourself and your family safe, healthy and happy in your home.

To-Do List

- Program the Poison Help line number into cell phones and post it near home phones.
- Properly label and store cleaning products away from food.
- Make sure all medicines are locked up and out of reach of children.
- Install a carbon monoxide detector on every level of house.
- Clean out medicine cabinet and safely dispose of any unneeded medicine.
- Have paint and toys tested for lead.
- Store cosmetics out of reach of children.

1-800-222-1232

MARCH 16-22

National Poison Prevention Week is March 16 to 22! Make it a personal goal to do one task from the "To-Do List" each day this week!

Helpful Household Tips

Follow these basic rules to keep your home poison-free.

- Never call medicine "toys!"** Poisons may look like food or drink. Teach children to ask an adult before tasting anything.
- Keep medications and cleaning products in their original containers.**
- Turn on the light and put on your glasses when going or taking medicine.** Read the label each time!
- Never mix household cleaning products together.** Mixing them could create a poisonous gas.

Did You Know?

- 94%** OF POISONINGS HAPPEN IN THE HOME.
- 81%** OF HUMAN EXPOSURES WERE UNINTENTIONAL.
- 51%** OF CALLS TO POISON CENTERS INVOLVE CHILDREN 5 AND YOUNGER.

What to do (and don't do) if you're exposed to a poison

STEP ONE

- Do keep calm.
- Don't panic and take action without seeking professional advice.

STEP TWO

- Do call 1-800-222-1232.
- Don't look up advice on the internet. Every second counts and you may get bad advice on the web.

STEP THREE

- Do follow the advice of the poison center expert and carefully monitor the exposure. Don't be embarrassed. With a million calls to poison centers each year, there's nothing they haven't heard!

www.aapcc.org

Help
1-800-222-1232

How To Prevent Poisoning

www.mnpoison.org

Program the number in your phone

Identify Poisonous Products in the Home

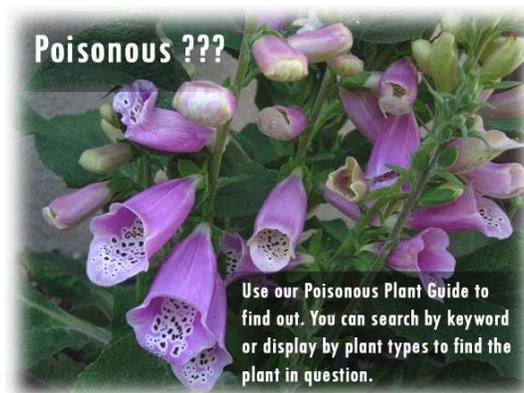
Put Products Up High & Out-of-Sight or Locked up

June

Garages are a landmine of tools, chemicals, ladders, and small parts that are all hazards for a young child. If you allow your children access to the garage you need to treat it just as any other room in your home and think safety!!! For more ideas on this topic please visit... <http://www.parents.com/toddlers-preschoolers/safety/toddlerproofing/garage-safety-basics/>



Many of us are not aware that the plants that we have in our own home and backyard can be very poisonous to our children. Please use the free guide at <http://poisoncontrol.utah.edu/plants/> to find out if you have plants of concern in your home.



June means travel time for many families as they think summer vacations. When planning for summer travel, be sure to keep all medications in their original containers rather than smaller travel sizes. Knowing what the pills are and how many are in the bottle is important in case of a poisoning incident.



The number for the poison control center works no matter where you travel in the United States. Be sure to put that number in your phone so you can carry it with you, no matter where your summer travels may take you. Remember 1-800-222-1222 for poison help!!



When traveling, be sure to keep your medications up and out of reach from children, not simply lying in your suitcase or on a hotel/cabin bathroom counter and accessible to children. Don't take a vacation from safety!!



Placing childproof locks on cabinets with dangerous products can be a great way to keep children out of poisonous products. You don't need to lock all your kitchen and bathroom cupboards and drawers, just ones that have dangerous items in them that could pose a danger to children.

July

If your summer plans include a trip to grandma and grandpa's house, be on alert for "easy open" medication dispensers that are often times used by elderly people to make remembering and dispensing meds easier. Check the home to assure that these medication systems are kept up and out of reach of children.



Did you know bacteria populations can double every 20 minutes in warm weather? Don't let food poisoning ruin your next outdoor event. Learn to recognize spoiled food and when in doubt, throw it out!

Image: <http://graphics8.nytimes.com/images/2006/02/21/national/21meat.1841.jpg>

Article: <http://health.williams.edu/keephealthy/general-health-concerns/food-poisoning/>



GRILL MASTER

PROPERLY COOK MEATS AND VEGGIES EVERY TIME

Take the guesswork out of your next barbecue, using only a watch and a meat thermometer. Whether you're grilling up burgers, steaks, chicken, chops, or burgers, grill the right way every time with these approximate cook times and safe internal temperatures.

KEY
 100-105°F
 100-105°F 100-105°F 100-105°F 100-105°F 100-105°F 100-105°F 100-105°F 100-105°F 100-105°F 100-105°F
 100-105°F 100-105°F 100-105°F 100-105°F 100-105°F 100-105°F 100-105°F 100-105°F 100-105°F 100-105°F

BEEF

Steak 1 1/2" THICK AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Hot Dog 4 LINKS AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Flank Steak 1 1/2" THICK AVERAGE COOKING TIME: 15 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
New York Strip Steak 1 1/2" THICK AVERAGE COOKING TIME: 15 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Pureloin Steak 1 1/2" THICK AVERAGE COOKING TIME: 15 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Tri-Tip 1 1/2" THICK AVERAGE COOKING TIME: 15 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Brisket 1 1/2" THICK AVERAGE COOKING TIME: 15 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Flank Steak 1 1/2" THICK AVERAGE COOKING TIME: 15 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Brisket 1 1/2" THICK AVERAGE COOKING TIME: 15 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100

PORK

Pork Chop 1 1/2" THICK AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Brisket, Pre-Cooked 1 1/2" THICK AVERAGE COOKING TIME: 15 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Pork Tenderloin 1 1/2" THICK AVERAGE COOKING TIME: 15 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Brisket, Fresh 1 1/2" THICK AVERAGE COOKING TIME: 15 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100

CHICKEN

Boneless, Skinless Chicken Thigh AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Boneless, Skinless Chicken Breast AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Chicken Thigh, Bone-In* AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Chicken Drumstick, Bone-In* AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Chicken Breast, Bone-In* AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100

SEAFOOD

Oyster AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Shrimp AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Salmon AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Clam* AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Fish, Fillet or Steak AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Lobster Tail AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Fish, Whole AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100

VEGETABLES

Squash AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Squash/Zucchini AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Asparagus AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Peas AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Eggplant AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Shake or Butternut Squash AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Onion AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Hot Pepper AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Portobello Mushroom AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Corn, Kernel AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Corn, in Husk AVERAGE COOKING TIME: 10 MIN	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100

SAFETY FIRST!

Cook times presented are general guidelines that can vary depending on chicken, weather, altitude, and amount of meat being cooked. For safety reasons, always use cooking thermometers to gauge the internal temperature of meat products.

USE SAFE MINIMAL INTERNAL TEMPS

Pork and Shellfish	165°F	165°F	165°F	165°F
Beef or Pork Steaks or Chops	145°F	145°F	145°F	145°F
Ground Beef or Pork	160°F	160°F	160°F	160°F
Chicken	165°F	165°F	165°F	165°F

August

Laundry and dishwasher soap pods look like brightly colored candy to a child. Please take a moment if you have these to put them up high or in a locked cabinet. For more information please visit,

<http://blogs.cdc.gov/yourhealthyouenvironment/2014/03/17/nceh-works-with-poison-control-centers/>



POISON
Help
 1-800-222-1222

**Minnesota Poison
Control System**

**TIPS FROM YOUR LOCAL
POISON CENTER**

SAVE IT

PROGRAM THE
POISON HELP LINE
NUMBERS INTO
YOUR PHONE
1-800-222-1222

LOCK IT

CHILD-RESISTANT IS NOT
CHILD-PROOF. LAYER THE
PROTECTION 45-55CM
AND OUT OF REACH.

LIGHTEN UP

ALWAYS TURN ON
THE LIGHT AND PUT
ON YOUR GLASSES
WHEN CRYING OR
TAKING MEDICINE.

REMEMBER TO...



Never eat medicine
"candy." Poisons may
look like food or drink.



Never mix household
cleaning products together,
mixing them could create a
poisonous gas.



Never "borrow" a
friend's medicine or
take old medicine.

DON'T FORGET...

TEACH YOUR CHILDREN TO ALWAYS ASK AN ADULT BEFORE EATING,
DRINKING OR TOUCHING ANYTHING.

ALWAYS CONTACT YOUR DOCTOR OR PHARMACIST BEFORE YOU TAKE HERBAL
PRODUCTS, AS THEY CAN INTERACT WITH YOUR PRESCRIBED MEDICINES.

**FOR MORE TIPS ABOUT HOW TO KEEP YOU
AND YOUR FAMILY SAFE, CONTACT YOUR
LOCAL POISON CENTER.**

1-800-222-1222

September

WHAT TO DO IF... POISONED??

INGESTED



- DO NOT PANIC!!
- Remove anything in the mouth.
- Call 911 if the victim is unconscious, having a seizure, or cannot swallow.
- Otherwise give 2 oz of water to drink and call Poison Help 1-800-222-1222

Minnesota Poison Control System 1-800-222-1222

IN THE EYE



- Remove all foreign materials from the eyes, including contact lenses if worn.
- Gently flush eye for 10-15 minutes, timed by the clock, with luke warm water, by pouring a stream of water from a clean glass held 3 inches above the eye.
- Do not use any eye drops until advised by the Poison Center. Call 1-800-222-1222.

Free and Confidential 1-800-222-1222

ON THE SKIN



- Remove any contaminated clothing
- Rinse the affected area thoroughly with large amounts of water.
- Wash the same area gently with hand soap and warm water to remove all remaining chemicals on the skin.
- If exposed, remember to wash hair and under fingernails.
- Then call the Poison Center for further advise.

Minnesota Poison Control System 1-800-222-1222

INHALED



- Get to fresh air as soon as possible. Avoid breathing fumes.
- Ventilate the area by opening windows or directing fans toward the doors, while protecting yourself from injury.
- If the person is unconscious, having difficulty breathing or not breathing, call 911.
- Call the Poison Center at 1-800-222-1222

Available 24/7 1-800-222-1222

 Got a Poison Emergency or Question? Call 1-800-222-1222

October

Lead Prevention Week (October 23-29, 2016 – Date needs to be confirmed; web site only says it is held the “last week of October”.)



There are no safe blood levels of lead. Lead poisoning can affect every body system and often goes unrecognized. For more information please visit <http://www.cdc.gov/nceh/lead/>

On average, 170 people in the US die every year from CO produced by non-automotive consumer products. Make sure you know the symptoms of CO poisoning and how to prevent harmful CO levels in your home.

<http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/Carbon-Monoxide-Information-Center/Carbon-Monoxide-Questions-and-Answers-/>

Glowsticks are commonly used at Halloween but they can pose a problem for young children who may put it in their mouth. While the liquid inside is minimally toxic, it does require action to be taken if ingested. Check out this link for more information on the glowstick ingestions.

<http://wspa.com/2015/10/21/glow-stick-poisoning-common-at-halloween/>

November

Are you hosting the holiday festivities this year? If so, follow these simple safety tips to make your home “poison-proof”:

1. Store household products and cleaning solutions out of children’s sight and reach, or in locked cabinets. These include liquid packets for the laundry and dishwasher which can look like candy to kids.
 2. Make sure all medications, including vitamins and adult medicines, are stored out of reach and out of sight of children. This includes your guests’ luggage and purses.
 3. Read product labels to find out what can be hazardous for kids. Make sure any gifts they receive are appropriate for their age.
 4. Post the toll-free Poison Help Number (1-800-222-1222) in your home and program into your cell phones.
-



Are you planning a Thanksgiving trip to visit grandma or grandpa’s house? If they use a non-childproof medication dispenser, use caution. These devices are often used by people taking several medications. When left in a visible location, they can be a temptation to young children. Remind grandma and grandpa to set these up and out of children’s sight and reach as the number of calls to poison control centers tend to rise during this time of year when kids go to grandparent’s homes or grandma and grandpa come to visit.

The risks of accidental overdose for children increases during the holiday season when more frequent visitors leave coats, purses, or suitcases with medications where young children can reach them. This holiday season, ask visitors keep their medications up and out of the reach of children when they visit.



Lock. Monitor. Take-Back. Three easy steps you can follow to make sure your home is safe from prescription drug abuse. Keep your medications locked in a cabinet only accessible to adults in your home, monitor the number of pills prescribed and taken to make sure they're not misused or stolen, and take-back your unused medication to a take-back location near you: <http://www.ag.nd.gov/PDrugs/TakeBackProgram.htm>

Help Prevent Prescription Drug Abuse
Encourage your patients to be responsible with their medication.

- LOCK**
Keep medication out of sight and in a safe and secure place.
- MONITOR**
Keep track of medication and take only as directed.
- TAKE BACK**
Drop off unused medication at local Take Back locations. To find the location near you go to www.ag.nd.gov/PDrugs/TakeBackProgram.htm.

80% of people who abuse prescription pain relievers obtain them from a friend or relative. (Source: National Institute on Drug Abuse, 2012)

Drug Take Back Program | North Dakota Department of Agriculture

Who better to teach your child about medicine safety than you? Keep all medicine containers, including those for vitamins, closed tightly and up high and out of reach of children. Never refer to medicine as “candy” and talk to your child about why it’s important to never take medicines without the help of an adult. Find out more medicine safety tips at: <http://upandaway.org/resource/up-and-away-tip-sheet-2/>



Approximately 60,000 young children are brought to the emergency room each year because they got into medicines that were left within reach. Are all the medicines in your home stored safely? See more at: <http://upandaway.org/#sthash.a.Sxw7znO.dpuf>



The theft and abuse of prescription drugs is a serious problem and you play a big role in keeping these medicines out of the hands of those who shouldn't have them. Store your medications in a locked storage area to prevent a stranger or someone else from gaining access to them. For more, visit:

http://www.talkaboutrx.org/documents/safe_storage.pdf

December

Carbon monoxide poisoning dangers increase during the winter monthly. This resource will provide tips to keep your family safe.

<https://magic.piktochart.com/output/10132609-co-poisoning>

www.mnpoison.org

FACT:
Poisoning is now the **leading cause of death from injuries in the United States** – ahead of motor vehicle crashes and guns.



POISON
Help
1-800-222-1222

General Posts



Grandparents - keep your meds out of reach! Accidental poisonings of children taking a grandparent's medications is a very real danger! Medications are the leading cause of poisonings each year, affecting almost 70,000 children annually!! For more information please visit <http://www.safekids.org/medicinesafety>



Do your children visit at a grandma or grandpa's house that may use a non-childproof medication dispenser. These devices are often used by people taking several medications. Often left in a visible location, they can be a temptation to young children. Remind grandma and grandpa to set these up and out of children's sight and reach.



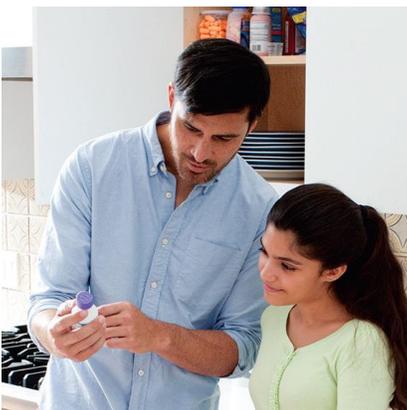
Medications are the number one cause of poisoning in children. Make sure to store all medications up and out of children's sight and reach. Locked cabinets are a great storage option for both prescription and over-the-counter medications.

Every year, more than 64,000 children go to an emergency room for medicine poisoning. That's one child every eight minutes. Almost all of these visits are because a child got into medicine during a moment alone. You can keep this from happening to your child by learning how to store, dose and get rid of medicines safely. Check out this link for more details:

<http://www.safekids.org/guide/medication-safety-guide>

Safe Storage, Safe Dosing, Safe Kids:

More than 64,000 children are treated in emergency rooms each year because they got into medication while unsupervised. Watch this video, made with the support of McNeil Healthcare, for tips on keeping your kids safe. - See more at: <http://www.safekids.org/medsvideo>



For a medication safety checklist for parents with kids of all ages, visit:

<http://www.safekids.org/checklist/medication-safety-checklist>

Put all medicines up and away and out of sight including your own. Make sure that all medicines and vitamins are stored out of reach and out of sight of children. In 3 out of 4 emergency room visits for medicine poisoning, the child got into medicine belonging to a parent or grandparent. - See more at:

<http://www.safekids.org/medicinesafety#sthash.KpKUFx88.dpuf>

Consider places where kids get into medicine. Kids get into medication in all sorts of places, like in purses and nightstands. In 67% of emergency room visits for medicine poisoning, the medicine was left within reach of a child, such as in a purse, on a counter or dresser or on the ground. - See more at:

<http://www.safekids.org/medicinesafety#sthash.KpKUFx88.dpuf>

Consider products you might not think about as medicines. Most parents store medicine up and away - or at least the products they consider to be medicine. They may not think about products such as diaper rash remedies, vitamins or eye drops as medicine, but they actually are and need to be stored safely. - See more at:

<http://www.safekids.org/medicinesafety#sthash.KpKUFx88.dpuf>

Use the dosing device that comes with the medicine. Proper dosing is important, particularly for young children. Kitchen spoons aren't all the same, and a teaspoon or tablespoon used for cooking won't measure the same amount as the dosing device. Use the dosing device that comes with the medicine to prevent dosing errors. - See more at:

<http://www.safekids.org/medicinesafety#sthash.KpKUFx88.dpuf>

Put the toll-free Poison Help Number into your home and cell phone: 1-800-222-1222. You can also put the number on your refrigerator or another place in your home where the babysitters and caregivers can see it. And remember, the poison help number is not just for emergencies, you can call with questions about how to take or give medicine. - See more at: <http://www.safekids.org/medicinesafety#sthash.KpKUFx88.dpuf>
