

# QUICK TIPS for Poison Prevention

Carina Franca posted on June 24, 2013 08:00



## ...FOR POISON PREVENTION

Webster defines the word poison as any substance that through its chemical action usually kills, injures, or impairs an organism. Poisons are all around us every day. There is rose dust for aphids, weed killer, and ant and roach sprays to get rid of bugs. There are cleaners and drain openers, and products for removing stains. There are pills of all shapes sizes and colors, cough syrups, and cold medicines that are meant to heal. Then you have poison oak and ivy, stinging nettle, bees, mosquitos, and snakes. Even food can cause reactions in people and animals. While this category doesn't usually cause harm, some foods enjoyed by most are poisonous to a few. Just a few years ago a young lady died from ingesting too much water while trying to win a contest.

The Center for Disease Control stated that of all unintentional deaths in 2009, unintentional poisoning was second only to vehicle accidents. Poisoning can touch all of us. There are the elderly who sometimes forget that they already took their meds, and take them again, or children like my grandson who, like all infants and toddlers, will put anything he gets into his mouth.

So what do you do?

### OUT OF SIGHT IS OUT OF MIND

- Store all medicines and household products up and away and out of sight in a cabinet where a child cannot reach them.
- Immediately after using household products or medicine put the container away.
- Re-secure the child safety cap completely after each use.
- Do not leave medicines in weekly pillboxes setting on counters or tables.
- If you are interrupted while using household products or medicines, take young children with you.
- Do not refer to medicines, including children's vitamins, as candy. Keep all medications and vitamins out of the reach of children.

### ENSURE PROPER USE

- Follow the directions whenever taking or giving medicines.
- Read all warning labels.
- Do not mix and match medications or household cleaners.
- Some medicines react harmfully when mixed with others.
- Combining household products such as bleach and ammonia can result in toxic gases.
- Never trade or sell prescription drugs. Prescriptions are specific to the individual, and can be harmful if used by someone else, especially if there are other medications being taken.
- Keep medicines in their original containers.
- At night turn on a light so you know that you have the correct dosage of the right medicine.

## WHAT IF A POISONING HAPPENS?

- Remain Calm
- If the victim is unconscious or unable to communicate call 911.
- If the victim is awake and alert call the American Association of Poison Control Centers at 1-800-222-1222. Help is available 24 hours a day 7 days a week.
- Be Prepared. Put this phone number on or near every home and cell phone.
- When you call have as much of the following information as possible:
- The victim's age and weight.
- The bottle or container of the poison.
- The time of the poisoning.
- When the victim last ate a meal, or had something to drink.
- If and when the victim may have taken any other medications
- The address where the poisoning occurred.
- Stay on the phone and follow instructions.

### Carina Franca

Biography :

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