

		Central New York Poison Center
1-800-222-1222		

Poison Prevention

Newsletter

July 2002

 SUNY Upstate Medical University
University Hospital • 750 East Adams Street • Syracuse, NY 13210

Keep spreading the word!

On January 30th the new national Help number was officially launched. You can now call one number from anywhere in the country to reach the poison center assigned to that calling area. Having one number not only makes it easy to call it just makes sense. Previously published local and toll-free numbers will still be active and will ring into poison centers along with the new national Help number. The goal is to have the 1-800-222-1222 number as familiar as 911 is for other emergency calls. Visit the website, www.18002221222.org to hear and learn the jingle!

Remember if you need phone stickers, brochures, and educational materials call the Health Educator at 315-464-5375!

It's a Jungle Out There!

Did you know?

Pesticides are in the top 5 most common forms of poisoning. During the summer season pesticide use is greatly increased.

Pesticides are poisons. They are not "safe". All are toxic to something. Although their intent is to poison "pests", often people and pets are poisoned when the products are used, stored, or disposed of improperly.

What is a Pesticide?

Chemicals used to control or eliminate pests (i.e.: rodents, insects, fungus and weeds) are called pesticides. Pesticides can be classified as fungicides, herbicides, insecticides and rodenticides. They can be packaged as aerosols, sprays, dusts, or fumigant bombs.

As pesticides are commonly used in the garden, on the lawn, and around the farm is it easy for children and pets to be exposed to this form of poison. Pesticide products are often stored in and around the house and garage so remember to store pesticides safely out of the reach of children and pets.

When using pesticides, be sure to follow these Pesticide Safety Tips:

- Read the ENTIRE label BEFORE you use the product, and follow the instructions CAREFULLY.
- Use only the amount of product indicated and no more. Don't think that twice the amount of product will do twice the job - IT WON'T!
- Recognize that bug repellent sprays and lotions (the kind used on your skin) are pesticides and can be dangerous when absorbed, ingested or inhaled.
- Carefully and correctly dispose of used pesticide containers. Poisoning can result from a very small amount of product residue in a container.

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Poison emergency?
Poison information?
Call Us!
Visit us on the web:
www.cnypoison.org

Leaves of Three ... Turn and Flee

How well do you know plants? A good rule of thumb is if you do not know what a plant is leave it alone. Another good rule to follow is Leaves of Three ... Turn and Flee. The leaves on poison ivy and oak grow in clusters of three, but can vary in shape and number. During the summer months most people spend more time outdoors, which increases the chance of coming in contact with poisonous plants. If you don't know what poison ivy or oak looks like, learn to identify these plants just in case.

The best defense is avoidance. Since these plants grow abundantly in sunlight, they are commonly found along roadsides, trails streams, fields, pastures and wooded areas.

Know what to look for. The plants grow as clumps of small plants, low shrubs, vines, and creepers. The leaves have a shiny oily appearance, which contain a sticky sap called urushiol.

When contact occurs. Skin contact with the sap of these plants causes a red, blistery rash that itches uncontrollably. Merely brushing against poison ivy or oak can expose you to the toxin urushiol. Urushiol quickly penetrates the skin, so if you have been exposed quick action is vital. Washing with soap and water immediately may remove some of the urushiol. If a rash develops, resist the temptation to scratch as this can cause the rash to quickly spread. Over the counter preparations are available. Read the directions carefully. Serious cases may require medical attention.

In some cases a rash may not appear for several hours or days. If this is the case wash all clothing and bedding to prevent reoccurrence.

To learn more about plants check out this website, www.about-house-plants.com

Safe use of Bug Repellents

Bug repellent products are sold in all kinds of forms: sprays, solids, lotions, and products that you burn. These forms are also the same avenues that unintentional poisoning occur. It is best to always use caution when using any product that contains pesticides. Here are some helpful tips to consider:

1. Always read the label and look for the active ingredient(s) and the amount of it contained in the product
2. Avoid using any of these products on the face especially sprays
3. When using sprays, spray the clothing before getting dressed, and not directly on your skin.
4. Use sprays outdoors or in a well ventilated room
5. Never use products that require it to burn indoors
6. Avoid mixing bug repellents with other products such as sun block or tanning products



7. Avoid using aerosols near open flames, food and cooking or eating areas
8. Wash hands after applying product
9. Keep all products out of the reach of children
10. Do Not apply products to cuts, sunburns, or rashes as the injured skin has a higher risk for absorption

The American Academy of Pediatrics recommends using products that contain less than 10% concentration of DEET for children, and not using these products on children under the age of two.

WWW.

- Does your organization have a website?
- Does your organization work with children, parents, school nurses, teachers, senior citizens, health issues,
...OR...
- Are you a healthcare professional working in the treatment of the poisoned patient?

If yes, may we suggest you **LINK our site to yours!** Let's work together to promote wellness!

Visit us on the web at www.cnypoison.org

New Product Warning!

USA TODAY reported that bottled water mixed with nicotine might soon be on the market. The product "Nico Water" is to be sold in half-liter bottles and can be found in drug and convenience stores as early as July. "Nico Water" is the latest in a string of new tobacco products that target smokers trying to quit smoking or suppress the desire to smoke when in public places that prohibit smoking.

Anti-smoking activists question its safety and potential for addicting children. The critics are concerned the water could spark or maintain addiction. "Nicotine water runs the serious potential of both being hazardous and serving as a first step into addiction with children," says Matthew Myers, president of the Campaign for Tobacco-Free Kids.

Nico Water has 4 milligrams of nicotine, about as much as a stick of nicotine gum or two cigarettes. Consider the fact that the poison center warns that if an infant ingests even one cigarette it could mean a trip to the emergency department.

The number one cause of unintentional poisonings is products ingested by accident because they "**thought it was something else**". Be on the watch for this potentially dangerous product.

The Medicine Cabinet

Herbal Medicines continue to gain popularity with consumers as the trend towards "holistic" alternative medicine grows. The thinking is Herbal Medicines are "natural" and believed to be healthier than manufactured medications. This may not always be true.

Herbals are marketed as:

- Dietary supplement
- Remedies
- Energy boosters

If you are thinking about using herbals:

- Ask your pharmacist or doctor before taking
- Read the label
- Buy only brands that list all of the herbs and ingredients
- Stop taking if experiencing any side-effects

For more information visit www.herbalgram.org

Food Safety Tips

Everyone loves a cookout whether it is in the back yard, at the beach, or on a family camping trip. Remember these tips to keep food poisoning from ruining your cookout.

- Keep all cooking utensils clean by washing after each use
- Don't leave food out or uncovered in direct sunlight for more than two hours
- Keep cold food cold and hot food hot
- Don't spray pesticides or bug repellents in the same area as food is being served
- Always wash your hands before and after handling food

Visit us on the Web at www.cnypoison.org

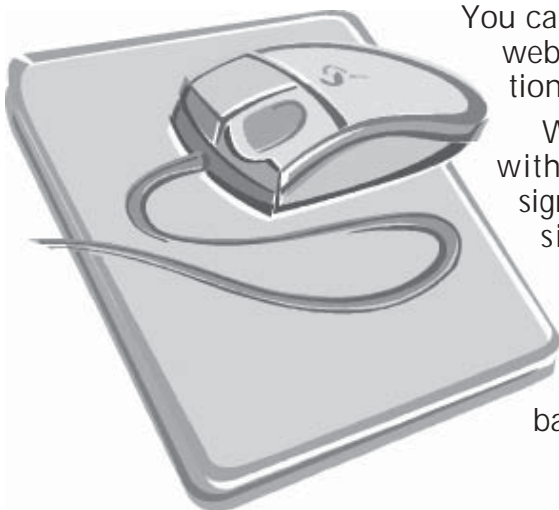
You can now visit us on the web. The Central New York Poison Center's web-site is a wealth of information. Get the facts on poison tips, education, and more.

We offer educational opportunities with Train-the-trainer programs designed for teachers, healthcare professionals and childcare providers. Much of our educational materials

is in a (pdf) format for easy downloading and reproducing. You can catch up on back issues of our newsletter "Poison Prevention" too!

Take our site survey and let us know what you think. Your feedback and suggestions for improvement are encouraged.

By setting up a link to our website you can keep the information at your fingertips





BE SAFE IN THE GARDEN

Mothballs are frequently used to keep pests and other pets from gardens and property.

Whether this is effective or not has yet to be proven, but the fact is this method increases the risk of ingestion by a child or pet. The bottom line is use mothballs only for their intended use as listed on the package.



PROGRAM YOUR CELL PHONE

You never know where or when an unintentional poisoning will happen. Take a moment to program 1-800-222-1222 into your cell phone now. Wherever your summer travels may take you, this number can be dialed anywhere in the country, to reach the local poison center.

It's a Jungle Out There!

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- Always store pesticides in their original containers, well out of reach of children or pets.
- Always use the correct personal protective equipment. If the label recommends protective clothing, wash the clothing separately after use.
- Before applying pesticides (indoors or outdoors) remove children, toys, food, and pets from the area, and keep them away until the pesticide has dried or longer if the label recommends.
- Never place rodent or insect baits where children or pets can reach them.
- Avoid contact with pesticide drift resulting from improper application.

Keep the telephone number of the Poison Center near your telephone. If you have a question about pesticide safety or a concern about pesticide poisoning call the Poison Center IMMEDIATELY at 1-800-222-1222. For more information visit the National Pesticide Information Center at: www.npic.orst.edu