

		Upstate New York Poison Center
1-800-222-1222		
<a href="http://www.upstatepoison.org">www.upstatepoison.org</a>		

# Poison Prevention

## Newsletter

### June 2016

UPSTATE  
MEDICAL UNIVERSITY

750 East Adams Street • Syracuse, NY 13210

## The Summer Itch

Poison ivy, oak and sumac are found in wooded areas throughout the northeastern US.

### TIPS FOR PREVENTION

Learn what poison ivy, oak, and sumac plants look like so you can avoid them. Wash your garden tools and gloves regularly. If you think you may be working around poison ivy, wear long sleeves, long pants tucked into boots, and impermeable gloves that won't allow liquid to seep through.

Wash your pet if it may have brushed up against poison ivy, oak, or sumac. Use pet shampoo and water while wearing rubber gloves, such as dishwashing gloves. Most pets are not sensitive to poison ivy, but the oil can stick to their fur and cause a reaction in someone who pets them.

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## Fentanyl Exposure Kills



Acting Drug Enforcement Administration Deputy Administrator Jack Riley extreme caution to anyone coming in contact with fentanyl or fentanyl compounds.

"Fentanyl can kill you," Riley said. "Fentanyl is being sold on the street as heroin in virtually every corner of our country. It's produced clandestinely in Mexico, and (also) comes directly from China. It is 40 to 50 times stronger than street-level heroin. A very small amount ingested, or absorbed through your skin, can kill you."

Last year, the DEA issued a nationwide alert on fentanyl as a threat to health and public safety.

Fentanyl is a dangerous, powerful Schedule II narcotic responsible for an epidemic of overdose deaths within the United States. During the last two years, the distribution of clandestinely manufactured fentanyl has been linked to an unprecedented outbreak of thousands of overdoses and deaths. The overdoses are occurring at an alarming rate.

Fentanyl, up to 50 times more potent than heroin, is extremely dangerous to law enforcement and anyone else who may come into contact with it. As a result, it represents an unusual hazard.

Fentanyl, a synthetic opiate painkiller, is being mixed with heroin to increase its potency, but dealers and buyers may not know exactly what they are selling or ingesting. Many users underestimate the potency of fentanyl.

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## Preventing Tick Bites

The Centers for Disease Control and Prevention warns, that while it is a good idea to take steps to avoid ticks year-round, be extra careful in warmer months (April-September) when ticks are most active.

### AVOID DIRECT CONTACT WITH TICKS

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.

### REPEL TICKS WITH DEET OR PERMETHRIN

- Use repellents that contain 20 to 30% DEET (N, N-diethyl-m-toluamide) on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.
- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.

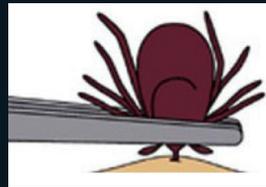
### FIND AND REMOVE TICKS FROM YOUR BODY

- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.
- If the clothes are damp, additional time may be needed.
- If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks effectively. If the clothes cannot be washed in hot water, tumble dry on low heat for 70 minutes or high heat for 40 minutes. The clothes should be warm and completely dry.

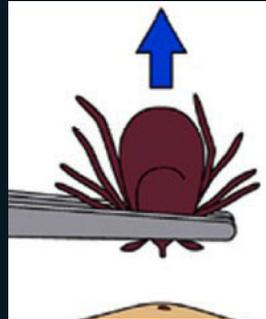
[http://www.cdc.gov/ticks/avoid/on\\_people.html](http://www.cdc.gov/ticks/avoid/on_people.html)

### How to remove a tick

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.



- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.



- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.
- Your goal is to remove the tick as quickly as possible—not waiting for it to detach.

### Follow-up

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

[http://www.cdc.gov/ticks/removing\\_a\\_tick.html](http://www.cdc.gov/ticks/removing_a_tick.html)

# Onondaga County Drug Task Force SNADDs - Sharps/Needles And Drugs Disposal Pilot Program UPDATE

## RATIONALE:

### THE PROBLEM:

- An opioid/ heroin epidemic is plaguing communities throughout the nation, including our county.
- Needles and sharps are often carelessly discarded and lead to accidental exposures.

### ADDITIONALLY,

- The Drug Enforcement Administration's (DEA) has recently reinstated semi-annual drug take-back days. However, with the dramatic increase in just the number of prescription drugs written last year alone (4 billion), complementary options must be established for safe drug disposal during the 5-month intervals between collection days.

### PARTNERS:

- This project is realized through the collaborative efforts of: the Upstate New York Poison Center, Onondaga County District Attorney's Office, the Onondaga County Sheriff's Office, the Onondaga County Health Department, Covanta, Onondaga County's Resource and Recovery Agency, REACH CNY, Citizens Campaign for the Environment and the Prevention Network.

### PURPOSE:

- To establish a new system for proper disposal of both drugs and needles/sharps in Onondaga County.
- To encourage the general public to properly dispose of sharps and drugs through a new drop-off process at participating, local law enforcement agencies, promoting safe and easy disposal.

### TIMELINE:

- Proposed plan includes a one-year pilot program (10/15 – 10/16), encompassing 7 participating police departments in Onondaga County. (Baldwinsville, Camillus, Cicero, Dewitt, Manlius, Marcellus, Syracuse Police Department. Recently, a 7th med-box was placed at the Syracuse Police Department with pick-up to begin in July). Following the pilot program we expect 5 additional PD's will be equipped with Med-Boxes and needle receptacles (9/16 – 9/17).



### EXPECTATIONS:

- Each PD installs a receptacle to collect drugs, including narcotics.
- Each PD installs another receptacle to collect sharps/needles.
- Receptacles will be emptied with contents disposed of properly in accordance with state and federal laws.
- Each police station/headquarters will be the designated collection point for their municipality.
- Community members can be directed to these sites during regular business hours for proper (and easy) disposal of both sharps and drugs.
- Each police station will coordinate with county law enforcement for monthly drug pickup.
- A record of the total #/amount of needles and drugs collected will be maintained and shared with the District Attorney's Drug Task Force as requested.

### RESULTS:

With five med-boxes supplied by the NYS Department of Health through the efforts of the Citizen's Campaign for the Environment (and an enthusiastic response from law enforcement in Onondaga County), the program began in October 2015 with 4 med-boxes in place. From 11/16- 1/16, a total of 220 pounds of medications were collected from the 4 sites. In February 2016, 2 more sites added med-boxes. The weight collected from 6 sites from 2/16 to 6/16 was recorded at 580 pounds for a total of 700 pounds collected during the pilot program. The lowest amount was collected in April 2016, immediately following the DEA's Take Back day. This was an expected outcome as the SNADD program was designed to complement, not supplant the DEA's Take Back events.

The goal is for placement of med-boxes at five additional police departments by September 2016.

The pilot program provided limited marketing or advertising. Once all med-boxes are placed, marketing collateral will be designed for PD's to advertise the service through their webpages, Facebook pages and other social media marketing efforts and the county will announce the program at a press conference, hopefully in the fall of 2016.

In review, the SNADD Pilot Program has produced positive results. The Onondaga County Drug Task Force is committed to continuing the program funding. In removing 700 lbs. of

medications from our community, we feel the initial program goals were met. We look forward to expanding the number of sites and marketing efforts to increase outcomes.

Additionally, the SNADD program could be used as a model for other counties in NYS. The Upstate New York Poison Center, servicing 54 counties in NYS, could serve as the conduit to guide interested counties replicate the success of the Onondaga County SNADD Program.

### The Summer Itch

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Wash your skin in soap and cool water as soon as possible if you come in contact with a poisonous plant. The sooner you cleanse the skin, the greater the chance that you can remove the plant oil or help prevent further spread.

Use the topical product "Ivy Block" if you know you will come into contact with the poisonous plants. This FDA-approved product is available over the counter (OTC).

#### TIPS FOR TREATMENT

Don't scratch the blisters. Bacteria from under your fingernails can get into the blisters and cause an infection. The rash, blisters, and itch normally disappear in several weeks without any treatment. But you can relieve the itch by:

- Using wet compresses or soaking in cool water
- Applying OTC topical corticosteroid preparations or taking prescription oral corticosteroids
- Applying topical OTC skin protectants, such as zinc acetate, zinc carbonate, zinc oxide, and calamine dry the oozing and weeping of poison ivy, poison oak, and poison sumac. Baking soda or colloidal oatmeal relieve minor irritation and itching. Aluminum acetate is an astringent that relieves rash.

#### SEE A DOCTOR

- If you have a temperature over 100 F
- If there is pus, soft yellow scabs, or tenderness on the rash
- If the itching gets worse or keeps you awake at night

Source: [www.fda.gov/ForConsumers/ConsumerUpdates/ucm049342.htm](http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049342.htm)

### Fentanyl Exposure Kills

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The dosage of fentanyl is a microgram, one millionth of a gram – similar to just a few granules of table salt. Fentanyl can be lethal and is deadly at very low doses.

Fentanyl comes in several forms including powder, blotter paper, tablets, and spray and is dangerous for the drug's users, but also for law enforcement, public health workers and first responders who could unknowingly come into contact with it. The onset of adverse health effects, such as disorientation, coughing, sedation, respiratory distress or cardiac arrest is very rapid and profound, usually occurring within minutes of exposure.

If inhaled, move to fresh air, if ingested, wash out mouth with water provided the person is conscious and seek immediate medical attention.

Narcan (Naloxone), an overdose-reversing drug, is an antidote for opiate overdose and may be administered intravenously, intramuscularly, or subcutaneously. Immediately administering Narcan (often multiple doses) can reverse an accidental overdose of fentanyl exposure.



# Program your cell phone 1-800-222-1222



**You just may save a life!**

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