



**Upstate
New York
Poison
Center**

1-800-222-1222

www.upstatepoison.org

Poison Prevention

Newsletter

June 2019

UPSTATE
MEDICAL UNIVERSITY

750 East Adams Street • Syracuse, NY 13210

Spring Cleaning: A Non-toxic Solution



Most of us know about baking soda for cooking but it also offers a great solution to harsh chemicals often used in household cleaning. This non-toxic pantry staple is a powerhouse when it comes to removing oil stains, cleaning wax from fruits and vegetables and even cleaning jewelry.

Whether diving into spring cleaning or just wiping up an everyday mess, a box of baking soda can be your new best friend. Best part? It's a non-toxic, homemade alternative to store-bought cleaning products. Most importantly, non-toxic alternatives to cleaning reduce the risk of poisoning.

Here are some suggestions for using baking soda in your cleaning:

Stainless Steel Sink Cleaner

Make a paste of baking soda and white vinegar. Soak paper towels in solution and wipe down sink.

Stovetop Cleaner

Pour baking soda directly onto grimy surface and let sit for 5 minutes. Wipe with a damp sponge, scrubbing gently. Wipe clean with soft cloth.

Non-Self-Cleaning Oven Cleaner

Mix 1 cup white vinegar and ½ cup lemon juice in spray bottle. Spray the bottom of oven. Let sit for 10 minutes, then sprinkle baking soda on top. Let sit for 10 minutes and wipe clean.

Fruit and Veggie Wash

Mix water, baking soda and lemon

juice and wipe fruits and veggies to remove wax.

Microwave Cleaner

Help remove stuck-on food by applying baking soda to a damp sponge and scrubbing residue.

Dishwasher Cleaner

Sprinkle baking soda in the bottom of your dishwasher and run as usual to help freshen and remove stains.

Garbage Disposal Refresher

Pour baking soda slowly down the drain while running warm tap water.

Cutting Board Deodorizer

Sprinkle board with baking soda, scrub and rinse. (Use a disinfectant for cleaning.)

Sponge Cleaner

Soak smelly sponges in 4 tablespoons of baking soda dissolved in 1 quart of warm water regularly.

Shower Grout Cleaner

Make a paste of lemon juice and baking soda. Brush paste on grout lines with a toothbrush. Let sit several minutes and wipe off. Alternatively, you can mix ½ cup bleach with ¾ cup baking soda and apply in same manner.

Comb and Brush Cleaner

Soak combs and brushes overnight in a cup of warm water mixed with 1 teaspoon of baking soda.

Continued on page 4



Upstate Medical University
750 East Adams Street • Syracuse, NY 13210
P: 1.800.222.1222 F: 315.464.7077 W: upstatepoison.org

Aging and Meds

With aging, new health issues often need to be treated with medication. Many, on an on-going basis. Taking any medication can produce unwanted side effects (a negative way your body reacts to the medication) or interactions (the result of the medicine reacting to another chemical (food, beverage or supplement or drug) in your body. A side effect can be barely noticeable, like a bit of an upset stomach, or it can produce a potentially life-threatening reaction, like anaphylaxis, when breathing is affected. A drug interaction can also be minimal or quite severe. In order to reduce the risk of serious side effects or drug interactions to any medication you may be using, the Upstate New York Poison Center suggest you keep in mind:

All Medicines Count: Tell your health care professionals about all the medicines you take, including prescription and over-the-counter medicines, such as pain relievers, antacids, cold medicines, and laxatives. Don't forget to include eye drops, dietary supplements, vitamins, herbals, and topical medicines, such as creams and ointments. It can make a difference.

Keep in Touch with Your Doctors: If you regularly take a prescription medicine, ask your doctor to check how well it is working, whether you still need to take it, and, if so, whether there is anything you can do (like lowering fats in your diet or exercising more) to cut back or, in time, stop needing the medicine. Don't stop taking the medicine on your own without first talking with your doctor.

Medical History: Tell your health care professional about your medical history. The doctor will want to know if you have any food, medicine, or other allergies. He or she also will want to know about other conditions you have or had and how you are being treated or were treated for them by other doctors. It is helpful to keep a written list of your health conditions that you can easily share with your doctors. Your primary care doctor should also know about any specialist doctors you may see on a regular basis.

Eating Habits: Mention your eating habits. If you follow or have recently changed to a special diet (a very low-fat diet, for instance, or a high-calcium diet), talk to your doctor about this. Tell your doctor how much coffee, tea, or alcohol you drink each day and whether you smoke. These things may make a difference in the way your medicine works. Tell your health professionals about your medical history and about all medicines or supplements you take.

Recognizing and Remembering to Take Your

Medicines: Let your health care professional know if you have trouble telling your medicines apart. The doctor can help you find better ways to recognize your medicines. Also tell your doctor if you have problems remembering when to take your medicines or how much to take. Your doctor may have some ideas to help, such as a calendar or pill box.

Swallowing Tablets: If you have trouble swallowing tablets, ask your doctor, nurse, or pharmacist for ideas. Maybe there is a liquid medicine you could use or maybe you can crush your tablets. Do not break, crush, or chew tablets without first asking your health professional.

Your Lifestyle: If you want to make your medicine schedule more simple, talk about it with your doctor. He or she may have another medicine or ideas that better fits your lifestyle. For example, if taking medicine four times a day is a problem for you, maybe the doctor can give you a medicine you only need to take once or twice a day.

Put It in Writing: Ask your health care professional to write out a complete medicine schedule, with directions on exactly when and how to take your medicines. Find out from your primary care doctor how your medicine schedule should be changed if you see more than one doctor.

So before your next visit with your health care provider, put a plan in place, using these helpful tips to reduce your risk of dangerous side effects or drug interactions.

<https://www.fda.gov/drugs/resources-you/medicines-and-you-guide-older-adults#aging>. Retrieved May 14, 2019





Cornell University's Poison Plant Database

With summer on its way, gardens, yards and parks will be brimming with flowering bushes, trees and plants. Be sure to keep the Cornell University's poisonous plants database in mind when looking for information before you choose to add a plant to your garden.

The website at <http://poisonousplants.ansci.cornell.edu/> is:

"...a growing reference that includes plant images, pictures of affected animals and presentations concerning the botany, chemistry, toxicology, diagnosis and prevention of poisoning of animals by plants and other natural flora (fungi, etc)."

However, if someone comes in contact with the any through dermal, or ocular exposure or through ingestion don't waste time! Call the Upstate New York Poison Center at 1-800-222-1222 for help.



SNADD

Sharps Needles And Drug Disposal

PROGRAM OF ONONDAGA COUNTY

SNADD Update June 2019

Onondaga County's SNADD Program continues to grow! June 2019 is another banner month for drug drop off in Onondaga County with a whopping 440 pounds of unwanted medications collected at twelve sites throughout the county. A big round of applause to all the police chiefs in the 10 municipalities and 2 colleges enrolled in the program. This increase demonstrates both the continuing need for and the community interest in the program.

Thanks to all you who have helped make the program a success. ALSO...be on the lookout for a new member to the SNADD program. The North Syracuse Police Department have agreed to be part of the program with the first pick up scheduled for July 2019. We welcome Chief Steve Rotunno and the North Syracuse community to the SNADD program.

Burn Date	B'ville	Camillus	Cicero	Dewitt	Geddes	Jordan	Manlius	Marcellus	OCC	SPD	Solvay	ESF	Pounds
1/18/19	30	45	25	20	5	5	19	5	2	30	12	2	200
2/27/19	50	60	50	50	10	10	40	2	2	20	5	1	300
4/2/19	75	80	50	40	20	20	50	20	2	25	15	3	400
5/3/19	65	100	60	50	10	5	36	5	2	15	10	2	360
6/14/19	80	123	70	60	15	5	50	10	5	10	10	2	440

Spring Cleaning

Continued from page 1

Drawer Freshener

Fill an old sock or small cloth bag with baking soda and place in a drawer to absorb odor.

Oil Stain Remover

To remove pesky oil stains from your driveway or garage floor, sprinkle baking soda over the stains and scrub with a stiff-bristle brush.

Bug Repellent

To keep cockroaches and ants at bay, sprinkle a line of baking soda along basement windows and doorways.

Brush Softener

Paint brushes too stiff? Boil them in a mixture of ½ gallon water, ½ cup vinegar and 1 cup baking soda.

Weed Control

Generously sprinkle baking soda onto your driveway and sidewalk cracks to help discourage

Drain Cleaner

Pour ½ cup baking soda followed by ½ cup vinegar down the drain. Let fizz. Pour 6 cups of hot water down the drain.

Rug Deodorizer

Sprinkle the rug with baking soda and let it sit for 15 minutes. Vacuum thoroughly.

Vacuum Cleaner Odor Remover

Sprinkle baking soda on the carpet and vacuum up to help remove odors inside your vacuum cleaner.

Sterling Silver Jewelry Cleaner

To remove tarnish, line the bottom of a dish with aluminum foil shiny side up. Dissolve 1 tablespoon of baking soda in 1 cup of boiling water (the solution may bubble). Place your jewelry piece in the dish, making sure it's touching the aluminum foil. Pour the solution into the dish. Let it sit for two to 10 minutes. Rinse and dry with a soft cloth. Make sure silver is completely dry before storing.

<https://www.tasteofhome.com/article/50-clever-ways-to-clean-with-baking-soda/> Retrieved 5/14/19

Upstate New York Poison Center
Service Area

AT UPSTATE MEDICAL UNIVERSITY

In a poison emergency, for poison information or for education materials, call us at 1-800-222-1222.



CLICK HERE TO UNSUBSCRIBE FROM THIS NEWSLETTER