

## TOP POISONING IN 2020



Of our nearly 52,000 cases in 2020, 35% were related to kids under five and 86% of those were managed at home, meaning a person exposed to a poison did not have to travel to a hospital. The majority of cases managed by the poison center came from Onondaga, Erie, Monroe, Albany and Orange counties in our 54 county coverage area.

### Top 5 poisonings in 2020 for all age groups:

1. Analgesics (most exposure/information calls for: adult strength acetaminophen and ibuprofen)
2. Household cleaning products (most exposure/information calls for: bleach)
3. Cosmetics/personal care products (most exposure/information calls for: hand sanitizers)
4. Antidepressants
5. Sedative/Hypnotics/Antipsychotics (most exposure/information calls for: benzodiazepines)

### Top 5 poisonings in 2020 for children 5 or younger:

1. Personal care products (most exposure/information calls for: hand sanitizers)
2. Household cleaning products (most exposure/information calls for: bleach, laundry pods)
3. Foreign objects (most exposure/information calls for: toys, silica gel, glow sticks)
4. Analgesics (most exposure/information calls for: children's liquid acetaminophen)
5. Dietary supplements (most exposure/information calls for: melatonin)

### Poison Prevention Tips

- Keep medicines and household products locked up and away in a place where children cannot see or reach them
- Store poisons in their original containers
- Use child-resistant packaging, but remember nothing is child-proof
- Read labels and follow all the directions on medicines and other products
- Take your medicines where children can't watch
- Teach child to ask an adult before eating or drinking anything



# Poison Basics 101

During March, Poison Prevention Month we wanted to take time to review the basics about poisonings and when and why to call a poison center. We hope you will share this information with your family, staff, colleagues and community.

## What is a poison?

A poison is anything that get in or on your body that can cause you harm. It is also about the dose, the amount of the product given or taken. A poisoning involves the wrong product or amount, the wrong patient, and or the wrong time. A poisoning can be mild or deadly!

## Ways you can be poisoned

- Swallow or eat
- Breathe in
- Splash in eyes or on skin
- Bite or sting

## Make the Call

The phone number for all United States Poison Control Centers is 1-800-222-1222. When you call this number, you will automatically be linked to the poison center closest to you. You can call this number anytime, 24-hours a day, 7 days a week to talk to a poison expert, a nurse or pharmacist trained in toxicology to help you with your poison emergency or for poison information. There are also medical and clinical toxicologists available 24/7 for further case discussion if necessary. Often times, calling the poison center can eliminate a trip to the emergency department. If you live in our 54-county service area (check map in this newsletter) your call will be directed to the Upstate New York Poison Center.

## WHEN to call?

### If the person collapsed or stopped breathing?

- Call 911 or your local emergency number right away

### If the person swallowed the wrong medicine or taken or been given too much medicine (medication is the most common poison in children)?

- Call 1-800-222-1222

### If the person inhaled poison (perhaps in cleaning or working in the garage or with crafts)?

- Get to fresh air right away
- Call 1-800-222-1222

### If there is poison on the person's skin (bleach is one common one but you can call with any questions)?

- Take off any clothing that the poison touched
- Rinse skin with running water for 15 to 20 minutes
- Call 1-800-222-1222

### If there is a poison in the person's eyes (one common poison is superglue in the eyes but could be anything splashed in the eye)?

- Rinse eyes with running water for 15 to 20 minutes
- Call 1-800-222-1222

**Remember:** The Upstate New York Poison Center is available to you 24 hours a day, 7 days a week, 365 days a week to take your call. In a poison emergency or for poison prevention information, we are only a phone call away!



## Question of the day:

### If your child is poisoned would you prefer to:

- A. Turn on your computer, google what you think is the problem, pick a website, which may or may not have accurate information

or

- B. Call to TALK to the poison experts available 24/7/365 to be SURE your child gets the right help at the right time.

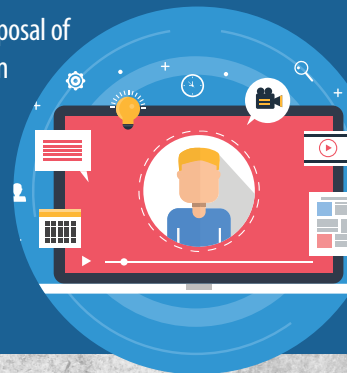
**PROTECT your child!** The Upstate New York Poison Center is available to take your call 24/7/365.

Be sure to be on the lookout  
for the next webinar in March on

## TEENS and MEDICATION

### The webinar will address:

- types of medications teens are using/abusing
- reasons why teens misuse medications
- how do teens obtain medications
- how to help (community and parent resources)
- proper disposal of medication





Poison centers are ready 24/7 with fast, free advice.

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I took my  
medicine twice.

**Seconds count!**  
If you suspect a poisoning, don't take a chance. Call us right away.

**WHEN YOU HAVE QUESTIONS, OUR EXPERTS HAVE ANSWERS**

**IN A POISON EMERGENCY OR FOR POISON PREVENTION  
INFORMATION, CALL THE UPSTATE NEW YORK POISON  
CENTER, AVAILABLE AT 1-800-222-1222 24/7/365**

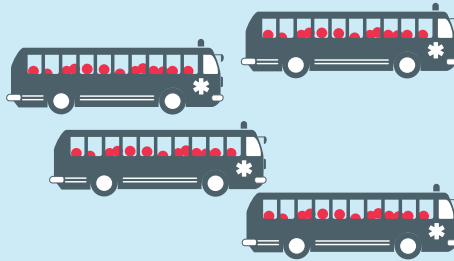
# KIDS and MEDICINE SAFETY

## Convenience vs. Caution



### THE PROBLEM

Each year, nearly 60,000 young children — or about **four busloads per day** — are seen at emergency departments (EDs) because they got into medicine.



Almost **every minute of every day** there is a call to a poison control center because a young child got into medicine.



### THE DISCONNECT

**9 IN 10 PARENTS AGREE**



it is important to store all medicines **out of sight and up high** after every use.

**HOWEVER,**



nearly **7 in 10 parents** report storing medicine **within a child's sight** (on a shelf or surface at or above counter height).

**9 IN 10 PARENTS AGREE**



medicine should be **kept in the original container**.

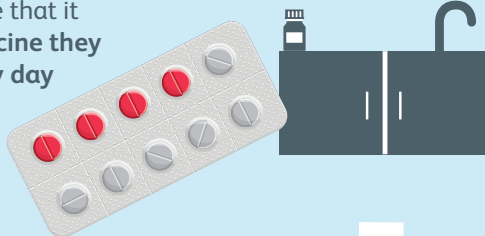
**HOWEVER,**

more than **1 in 3 parents** say they or someone in their household **always or often** uses a **daily pill organizer or baggie** that children can easily get into if it's not stored out of sight and reach.



### CONVENIENCE OVERRULES CAUTION

**4 in 10 parents** agree that it is **okay to keep medicine they or a child takes every day** on the kitchen counter or another visible location so it is handy.



And nearly **5 in 10 parents** agree that **when a child is sick, it is ok** to keep the medicine on the kitchen counter or another visible location between doses so it is handy.



But, in **3 of 5 accidental medicine poisonings** involving young children, the medicine wasn't in its usual or "normal" storage location and was therefore accessible.

