

NATIONAL POISON PREVENTION WEEK

MARCH 16-22



Like, follow, and SHARE our posts, or get creative and tag us in your own content: @UpstatePoison!



Encourage those you live and work with to save our number, **1-800-222 1222**, in their cell phone ... just in case!



Include information about NPPW in press releases, newsletters, presentations, and emails.



Consider "Lighting Your Town Red"! Does your area light up buildings or landmarks? Let us know how we can help!



Use our NPPW 2025 Partner Toolkit available on our website www.upstatepoison.org.

National Poison Prevention Week (NPPW), established by Congress in 1961, is observed every third week of March to raise awareness about poison safety. In 2025, it is celebrated **March 16th - March 22nd**.

Poisoning is the leading cause of injury-related death in the U.S., with more people dying each year than from guns or car-related injuries. In 2022 alone, U.S. Poison Centers handled over 2.4 million cases—one every 15 seconds! Our poison center handled more than 84,000 calls in 2024.

NPPW reminds us how important it is to be prepared. Be prepared if a poisoning happens by saving our number now at **1-800-222-1222**.

Don't forget to share poison prevention messaging with your community!

Use Our NPPW 2025 Partner Toolkit:

Available on our website: <https://bit.ly/3XrJWuk>

- Images in English and Spanish for social media, newsletters, emails, etc.
- Kids' coloring and activity sheets
- Adult brain games: crosswords, word searches, and daily Wordle
- Videos for children and older adults
- Link to request free materials for your community

NPPW 2025 Toolkit



When it's 2 a.m.
and You Took
the Wrong
Medicine

We're Here for You.

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POISON CENTER

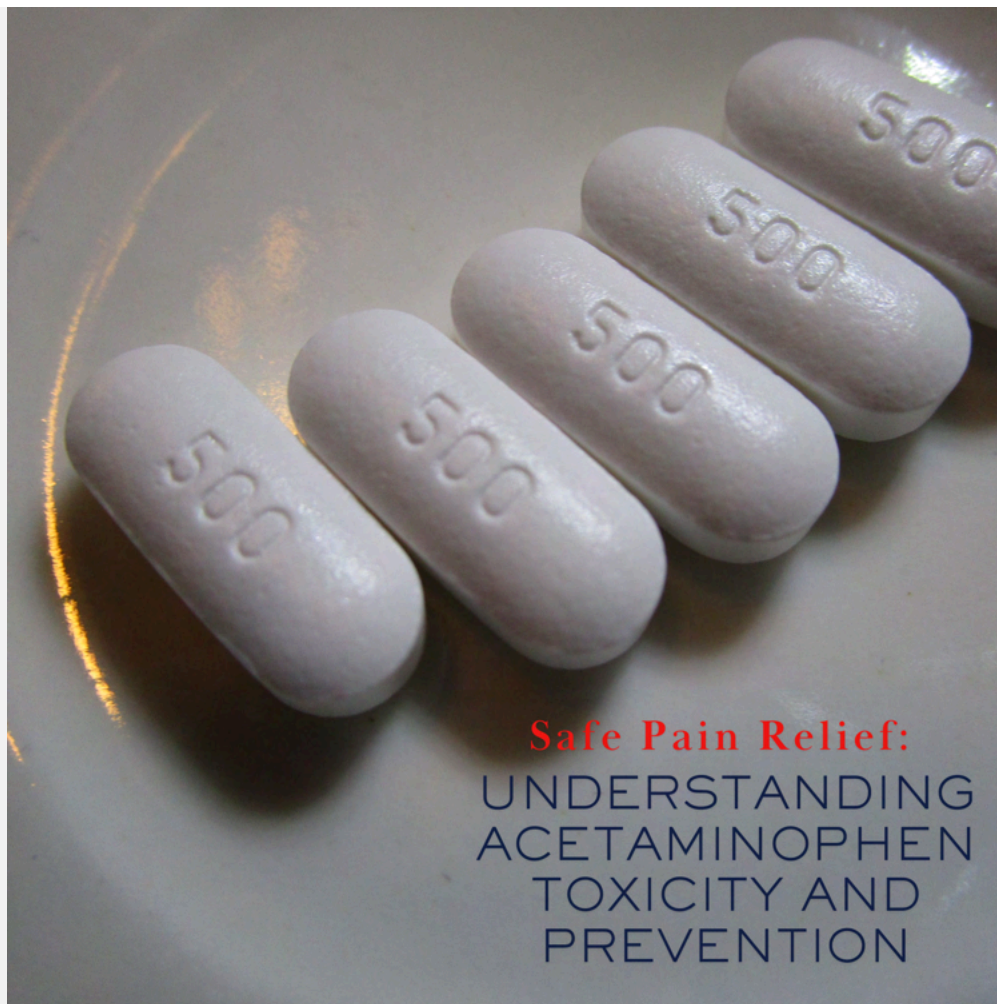
POISON
HELP 
1-800-222-1222

Safe Pain Relief: Understanding Acetaminophen Toxicity and Prevention



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Acetaminophen is one of the most widely used pain relievers, found in numerous over-the-counter and prescription medications. When taken as directed, acetaminophen is safe and effective but too much can be dangerous. In fact, acetaminophen overdoses are one of the leading causes of both accidental and intentional poisonings. In 2022, there were over 90,000 calls regarding acetaminophen cases reported to poison centers across the United States¹. Without timely treatment, acetaminophen toxicity can lead to liver failure and even death. Knowing how to use acetaminophen safely is essential for protecting yourself and your loved ones.

Acetaminophen in Everyday Medications

Many people unintentionally take too much acetaminophen because they are not aware that it is often found in multiple medications. Many popular medications can contain acetaminophen including

- NyQuil® / DayQuil®

- Excedrin®
- Alka-Seltzer®
- Mucinex®
- Robitussin®

Because these medications are often used to treat colds, flu, headaches, and other common illnesses, people may unknowingly exceed the recommended daily dose. This makes it important to read labels carefully, especially before combining medications.

Safe Use and Storage Tips

To minimize the risk of acetaminophen toxicity, follow these safety tips:

- Read Labels Carefully – Always check the active ingredient in medications to see if they contain acetaminophen
- Know the Recommended Limit – Adults should not exceed 3,000 mg per day, and children should only take the prescribed dose based on age and weight
- Avoid Doubling Up – Do not simultaneously take multiple medications that contain acetaminophen
- Talk to Your Healthcare Provider – Discuss all medications and supplements you are taking to prevent accidental overdose.
- Use the Correct Measuring Device – When administering liquid acetaminophen to children, always use the provided dosing cup or syringe.
- Store Medications Safely – Keep acetaminophen-containing products out of reach of children to prevent an unintentional exposure. Consider using a medication lock box.

What to Do in Case of Overdose

Symptoms of acetaminophen overdose may not appear immediately but can include nausea, vomiting, confusion, and abdominal pain. If you suspect an overdose, seek medical attention immediately or contact the Upstate New York Poison Center.

By staying informed and following safe medication practices, you can reduce the risk of acetaminophen poisoning and ensure safe pain relief for you and your family.

For more information, contact the Upstate New York Poison Center (24/7/365) at 1-800-222-1222 or visit www.upstatepoison.org.

References

Gummin DD, Mowry JB, Beuhler MC, Spyker DA, Rivers LJ, Feldman R, Brown K, Pham NPT, Bronstein AC, DesLauriers C. 2022 Annual Report of the National Poison Data System® (NPDS) from America's Poison Centers®: 40th Annual Report. *Clin Toxicol (Phila)*. 2023 Oct;61(10):717-939. doi: 10.1080/15563650.2023.2268981. Epub 2023 Dec 12. PMID: 38084513.

Community Spotlight

A huge thank you to [Play Space](#) in Auburn, NY!

Play Space is a local gem, offering a fun, welcoming space for young children and families to play, learn, and grow together. We're thrilled to have partnered with them to create an educational poison prevention game for parents and children to play together.

The new game, titled *POISON PATROL*, is an interactive poison prevention game designed for parents and kids.

Originally developed by Syracuse University Public Health students, the game helps children identify safe and unsafe household products using magnets and simple talking points. Parents can reinforce safety with the phrase, "Stop! Ask First!"

Special thanks to Nancy and Kim at Play Space for supporting this important initiative!



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CALL CORNER

Certified Specialist in Poison Information (CSPI):
Poison Center, how can I help you?

Caller: Hi, I think I might have taken my morning medications twice. I'm 82 years old, and I usually use a pill organizer, but I forgot to refill it and, now I'm not sure what I took.

CSPI: I understand. I can help you with that. Do you know which medications you might have taken twice?

Caller: Yes, I take a blood pressure pill, a cholesterol pill, and a couple of others. My doctor's office and pharmacy are closed, so I wasn't sure what to do.

CSPI: You called the right place. I can help you. Let's go through your medications individually so we can assess any risks. Do you have the medication bottles with you?

Caller: Yes, I do.

CSPI: Great. Let's start with the blood pressure medication. What is the name and strength?

During this part of the call, the specialist will ask what the medicines are, the strength of each, and if other medicines are being used.

CSPI: Got it. Based on what you have taken, I don't expect serious problems. If you start feeling unwell or anything changes, please call us back anytime.

Caller: Okay, so I don't need to go to the ER?

CSPI: No, not currently. But if you start feeling unwell or anything changes, feel free to call us back anytime. Would you like for us to call you back in a few hours to check on you?

Caller: Thank you so much. I would appreciate you calling to check on me in a little while.

CSPI: You're very welcome! Take care and we will talk soon. If you need us before we call you, please call us back.

***Each call is unique, this is for example only. Always talk to your health care provider for medical advice.**

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Why Call Us?

Watch &
Learn

National Prescription Drug Take Back Day



Safely dispose of unwanted, expired, or unneeded medications on **Saturday, April 27**, from **10 AM – 2 PM** during the **DEA's National Prescription Drug Take Back Day**. Drop off prescription, over-the-counter, vitamins, and supplements to help prevent misuse and accidental exposures.

Find a collection site near you:

[DEA Website](#)

FREE Materials

We are always adding to our FREE resources and materials. Click and see below for new materials just added at NO COST to you!

[Head to our website](#) now to order these plus dozens of other materials!



New Magnet Design

Check out our new magnets.



Intentional Poisoning/ Self Harm Webpage

[Share our new resource.](#)



Gummy Look-Alike Flyer

New Flyer showing different gummies.



Nicotine Pouch Concerns

Learn possible dangers of nicotine pouches & teens.

SAVE OUR NUMBER NOW: 1-800-222-1222

- We are open 24/7/365.
- We are free and confidential.
- Specially trained nurses, pharmacists, and physicians answer your call.
- We offer community education and professional education.
- Visit us at www.upstatepoison.org.



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at Upstate Medical University**

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