

Upstate
New York
Poison
Center

1-800-222-1222

www.upstatepoison.org

Poison Prevention

Newsletter

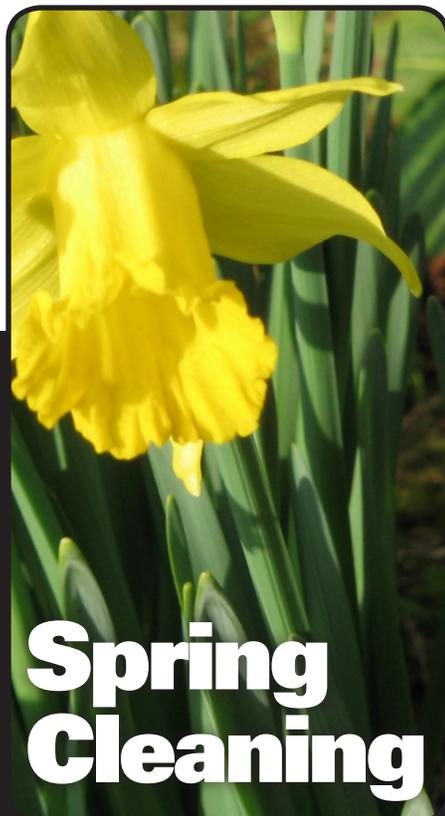
March 2014

UPSTATE MEDICAL UNIVERSITY • 750 East Adams Street • Syracuse, NY 13210

Proper Disposal

For more information on proper disposal of unused medicines:

<http://www.fda.gov/forconsumers/consumerupdates/ucm101653.htm#guidelines>



Spring Cleaning

Although the official season of winter is still upon us, spring is right around the corner. Warmer temperatures often bring spring-cleaning. Think about your family's

March, Poison Prevention Month

Poison safety should be a year-long effort but during the month of March the Upstate New York Poison Center highlights poison safety activities geared to remind us that most poisonings are preventable. Kinney Drugs have partnered with the Poison Center this year, leading poison safety efforts in many counties within our mutual coverage area.

- Kinney ads will highlight Poison Prevention Month 2014
- Kinney pharmacists will be visiting with students in elementary and middle schools throughout their coverage area to teach poison safety tips, including safe use of prescription medications
- Kinney Drugs will be distributing Up & Away safety brochures supplied by the Upstate New York Poison Center and the Consumer Health Care Product Association. The brochures feature tips to help families protect their children from unintentional poisonings from medications and household cleaning products and lists the 1-800-222-1222 for the Poison Helpline.

2014

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health as well as cost when considering your options for household cleaning products. You might want to consider safe and affordable cleaning alternatives

A few considerations for using alternative cleaning products:

Your Health The list of potential health hazards is extensive including damage to central nervous system brain, kidney and/or liver damage, endocrine disruption, respiratory irritation, skin and eye irritation including potential blindness or even cancer. In some cases exposure to cleaning chemicals can be acutely dangerous (i.e. if you mix ammonia and bleach you create toxic gas).

Kids Health and Poisons

Children are more susceptible to chemicals including potential for the development of respiratory illnesses such as asthma. If you have ever read the bottles of some common cleaners you may already know they can be poisonous if consumed. Did you know that almost 90% of poison exposures occur in the home, and over 50% of those are of children under the age of 6?

The Environment Every cleaner you put into the sink, toilet, bathtub or shower goes into the sewage system, which means that vegetation, soil, and wildlife (including fish you may eat) can all become chemically

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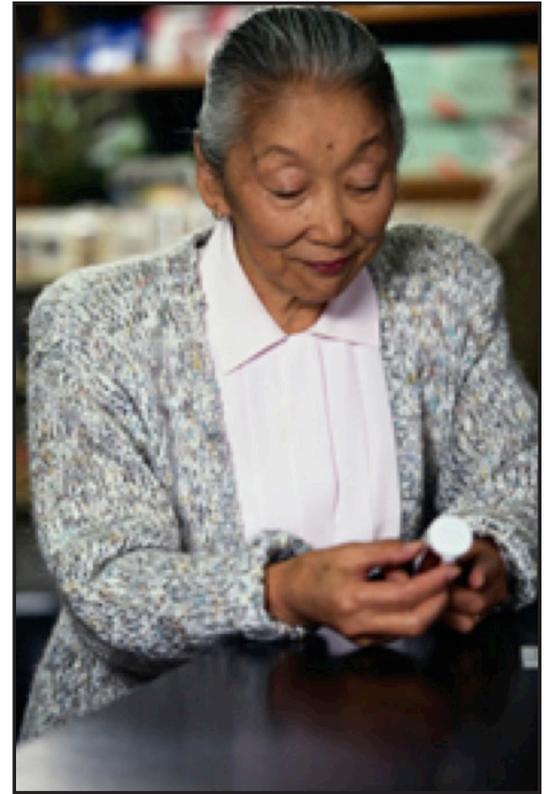
Keep Young Children Safe from Poisoning

Be Prepared

- Put the number of the Poison Center, 1-800-222-1222, on or near every home telephone and program it into your cell phone. Poison Specialists are available 24 hours a day, 7 days a week to answer your call.
- Store all medicines and household products up and out of sight where a child cannot reach them.
- When you are taking or giving medicine:
 - Do not put your next dose on the counter or table where children can reach them—it only takes seconds for a child to get them.



- If you have to do something else while taking medicine, such as answer the phone, take any young children with you.
- Secure the child safety cap completely every time you use a medicine.
- After using them, do not leave medicines. As soon as you are done with them, put the top on tightly, and then put them away and out of sight in a cabinet where a child cannot reach them. Most poisonings happen within a short time after administering a medication.
- Be aware of any legal or illegal drugs that guests may bring into your home. Ask guests to store drugs where children cannot find them. Children can easily get into pillboxes, purses, backpacks, or coat pockets.



Narcotic Pain Relievers

Narcotic pain relievers are drugs that reduce pain, alter mood and behavior, and induce sleep. Before taking:

- Read and follow label directions carefully
- Use only if prescribed for you, as narcotic pain relievers can be dangerous
- Know you can become addicted to prescription pain medication
- Store these medications in a safe location reducing possible confusion and easy access
- For safe disposal of these unused meds follow label directions for disposal; take advantage of community drug take-back programs; mix with a product like kitty litter or coffee grounds and put mixture in with household trash or visit the FDA website for more information at: www.fda.gov/forconsumers/consumerupdates/ucm101653.htm#guidelines
- Next time you CAN ask your physician to write the prescription for a smaller quantity of these potent drugs, especially if you had pills left over



- Be sure to talk to your primary care physician before taking any narcotics, especially if you are pregnant
- Narcotic pain relievers can cause serious problems for newborns
- If you are pregnant and want help getting off narcotic pain meds, call the local Hopeline at 315-218-1965
- If you want more information about narcotic pain relievers, talk to your doctor who can get you the help you need

polluted. That sewage can also end up in the rivers and oceans. Drinking water is routinely treated to remove chemicals.

Money A one-gallon container of vinegar costs about \$4.00. A 1 lb box of baking soda is about \$2.00, and a 32 oz bottle of hydrogen peroxide costs about \$2. Adding them together, you can create a window cleaner that saves money and cuts down in the chemicals in your home.

Alternative Cleaning Products

- Water
- Distilled white vinegar
- Baking soda
- Hydrogen peroxide
- Borax
- Castile soap
- Cornstarch

To disinfect fruit and veggies or even counter tops try using vinegar and hydrogen peroxide. First spray with vinegar. Then, after wiping the surface, repeat the process with the hydrogen peroxide (do not mix the two in one bottle).

Homemade glass cleaner is not only a cheaper alternative but using the alternative will prevent spraying unwanted chemicals into the air. The simple recipe is:

- 1/4 c. rubbing alcohol
- 1/4 c. white vinegar
- 1 Tbsp cornstarch
- 2 c. warm water

Combine all 4 ingredients in a spray bottle. Shake well, spray and then wipe with newspaper. If you are missing one of the ingredients, any variation of the 3 plus water will work well.

If you have baked on grime from cooking on the stove or in the oven, or dirty grout a combination of baking soda, water, and vinegar will do the trick (remember vinegar and baking soda will fizz). Mix the three components to make a paste, let sit for 10 minutes, then scrub away with a scrubby sponge or bristle brush! Not only does the concoction clean, it will also deodorize the surface. Most importantly, don't forget the magic of plain old water and elbow grease.

If you want some extra motivation to switch, read all the caution labels on the products you are currently using. (This includes "green" products, many of which can still be harmful).

Keep in mind that when storing any household cleaner, it should be kept up and away from children's reach. Always label your cleaners appropriately and use child-safe containers. Always have the Upstate New York Poison Center phone number (1-800-222-1222) on hand, just in case of an unintentional or accidental poisoning.

Source: <http://rejuvandwellbeing.com>



Got Drugs?



National Take-Back Initiative

Got Drugs?

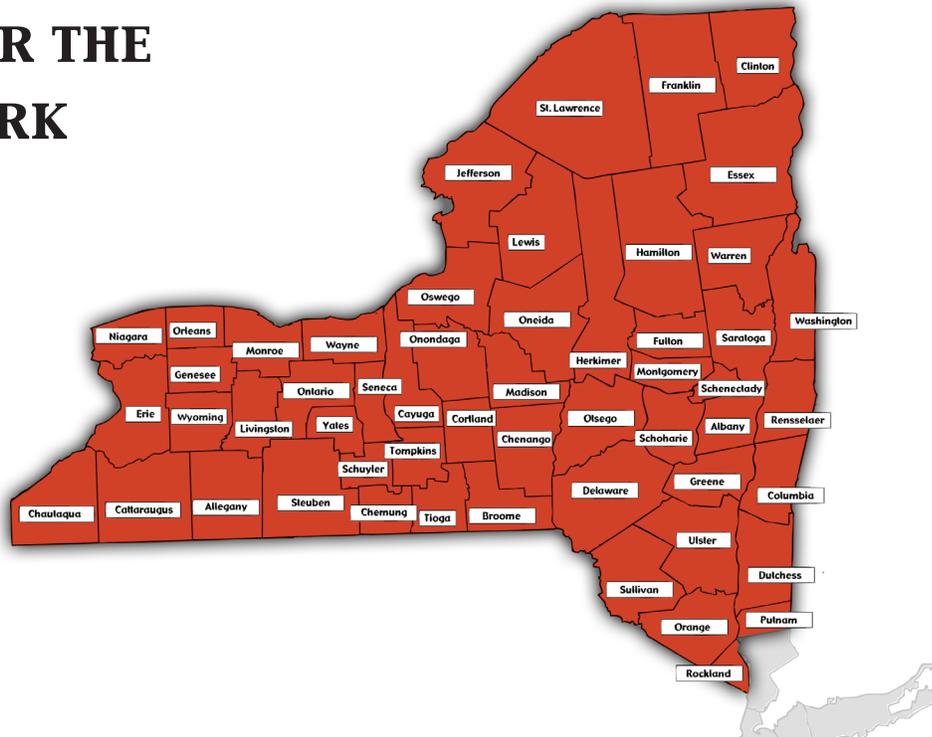
April 26, 2014 - 10:00am to 2:00pm

The National Prescription Drug Take-Back Day, sponsored by the Drug Enforcement Administration, aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. The next scheduled event will be on April 26, 2014 from 10:00am - 2:00pm. For a location near you, please visit: www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html

SERVICE AREA FOR THE UPSTATE NEW YORK POISON CENTER



UPSTATE
MEDICAL UNIVERSITY



Unintentional Poisoning Can Happen To You...At Any Age!

Please visit our website at www.upstatepoison.org for a more poison resources, including brochures, posters, archived newsletters and...



Upstate Medical University

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