



Upstate  
New York  
Poison  
Center

1-800-222-1222

[www.upstatepoison.org](http://www.upstatepoison.org)

# Poison Prevention

Newsletter

March 2018

UPSTATE  
MEDICAL UNIVERSITY

750 East Adams Street • Syracuse, NY 13210

March 19<sup>th</sup> - 23<sup>rd</sup> is

**POISON PREVENTION WEEK**  
**Keep your family safe!**

Visit us at  
[www.upstatepoison.org](http://www.upstatepoison.org)



**All substances are poisons; there is none, which is not a poison. The right dose differentiates a poison from a remedy.**

*Paracelsus, Father of Toxicology*

Today's medicines contain powerful drugs, meant to relieve symptoms and shorten the duration of an illness. Even the most common or seemingly "safe" among them can cause a poisoning. Keep your family safe when taking OR giving medication.

Follow the "drug facts" written on the label of all over-the-counter (OTC) medications you are taking or giving including the ingredients, dosage, warnings and possible interactions. With prescription medication, talk to your pharmacist to be sure you understand how the medicine works and what the precautions are. Too much medication may not produce better or faster relief and may produce unexpected, unwanted results. Know what medications you are taking or giving to your family.

**For example:** Acetaminophen is the active ingredient in OTC pain relievers such as Excedrin and Tylenol, which can contain as much as 650 milligrams (mg) of acetaminophen if using the

extended relief formulation. Some prescription-only pain relievers, such as Vicodin, contain as much as 325 milligrams of acetaminophen, which many people may not realize. There are over 600 medications that contain acetaminophen from Theraflu to Zicam on the OTC side to prescription pain meds such as Oxycotin or Percocet. Generally, the recommended daily maximum for acetaminophen for an average adult is 4,000 mg but not in all cases, so be sure to check with your doctor or pharmacist. If you are combining 2 or more OTC medications containing acetaminophen or an OTC pain med with a prescription pain reliever, you could easily surpass the maximum dose.

This may seem unlikely, but calls to the poison center prove otherwise. Callers explain they did not carefully read the label and that while taking one medicine for a cold, another for a headache and another for back pain they had taken more than the maximum daily dose of acetaminophen. Continued use may put you in the toxic range, which could lead to liver damage. Be sure to read label directions before taking an over-the-counter cold medicine and ask your pharmacist about any prescription meds you may be taking.



Most importantly, check with your physician before giving any fever or pain reliever to a young child.

During Poison Prevention Week  
and throughout the year:  
**Keep Your Family Safe!**

**For a list of medications that contain acetaminophen:**

[http://www.knowyourdose.org/  
common-medicines](http://www.knowyourdose.org/common-medicines)

**For a dosing chart for adult Tylenol products containing acetaminophen:**

[https://www.tylenol.com/safety-dosing/  
usage/dosage-for-adults](https://www.tylenol.com/safety-dosing/usage/dosage-for-adults)

**For a Tylenol dosing chart for children:**

[https://www.tylenol.com/children-infants/  
safety/dosage-charts](https://www.tylenol.com/children-infants/safety/dosage-charts)

Upstate Medical University

750 East Adams Street • Syracuse, NY 13210

P: 1.800.222.1222 F: 315.464.7077

W: [upstatepoison.org](http://upstatepoison.org)



**4** BUSLOADS  
OF CHILDREN  
PER DAY  
VISIT THE  
EMERGENCY ROOM



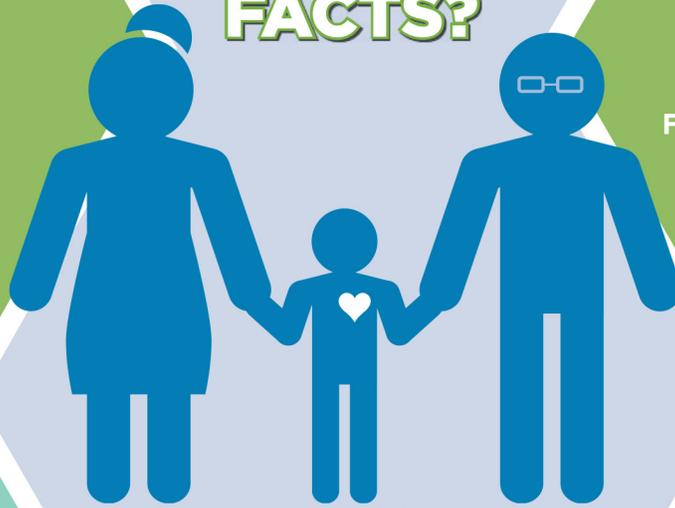
FOR MEDICINE  
POISONING

**=1** EVERY  
**8** MINUTES



YOU WOULD DO ANYTHING TO KEEP  
YOUR GRANDCHILDREN SAFE.

## BUT DID YOU KNOW THESE STARTLING FACTS?



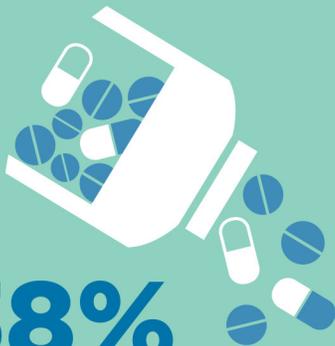
Put your medicines  
**up AND away**  
and out of sight

IN **86%**  
OF ER VISITS,  
THE CHILD  
HAD EASY ACCESS  
TO THE MEDICATION

CHILDREN  
**MOST COMMONLY**  
FIND MEDICATIONS  
ON COUNTERS,  
NIGHT STANDS  
& DRESSERS; IN  
PURSES & BAGS;  
OR ON  
THE GROUND



HOW ARE  
CHILDREN GETTING  
THE MEDICINE?



IN  
**38%**  
OF CASES,  
THE MEDICINE  
BELONGED TO  
THE GRANDPARENT

ELECTRICAL  
OUTLETS  
ARE THE  
**#1**



SAFETY  
CONCERN OF  
GRANDPARENTS

BUT IT'S  
**36x**  
MORE  
LIKELY  
THAT A CHILD WILL  
GO TO THE ER FOR  
MEDICINE POISONING



EVERY MINUTE A POISON CONTROL  
CENTER ANSWERS A CALL ABOUT A  
YOUNG CHILD GETTING INTO MEDICINE

**500,000** CALLS  
PER YEAR

## TIPS FOR GRANDPARENTS ON SAFE MEDICINE STORAGE

- Store all medicines and vitamins **Up and Away** and out of sight.
- Keep purses, bags, and coats that contain medicines or vitamins out of reach and sight.
- Always lock caps tightly and put away medicines after every use. Remember that weekly pill reminder kits often don't have child resistant closures.
- Never leave medicines or vitamins out on a table, countertop, or sink.
- Set a daily reminder to take your medicines and vitamins since they will be out of sight.
- Program the national Poison Help number, 1-800-222-1222 into your phone.

Infographic data source: Safe Kids Worldwide. 2014. *Keeping Families Safe Around Medicine*

FOR MORE TOOLS AND INFORMATION, VISIT  
**UPANDAWAY.ORG**



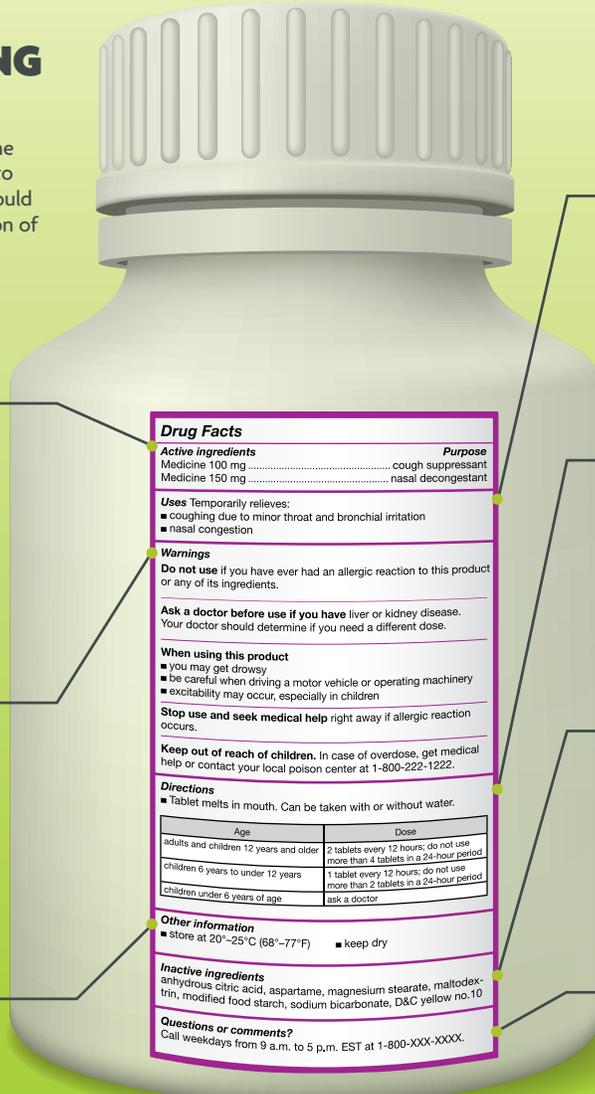
In partnership with the  
Centers for Disease  
Control and Prevention



# OVER-THE-COUNTER MEDICINE SAFETY

## UNDERSTANDING THE LABEL

Drug Facts help you understand the medicines that you take and how to take them safely. All medicines should be taken with the direct supervision of a parent or trusted adult.



**ACTIVE INGREDIENTS**  
The ingredients in the medicine that make it work.



**WARNINGS**  
Safety information, including side effects, the questions you should ask a doctor before taking the medicine, and which medicines to avoid using at the same time.



**OTHER INFORMATION**  
How to store the medicine.



**USES**  
Describes the symptoms that the medicine treats.



**DIRECTIONS**  
Indicates the amount or dose of medicine to take, how often to take it, and how much you can take in one day.



**INACTIVE INGREDIENTS**  
Ingredients not intended to treat your symptoms (e.g. preservatives, flavorings).



**QUESTIONS OR COMMENTS?**  
Call the company if you have questions about a specific medicine.

**Drug Facts**

**Active ingredients** **Purpose**  
 Medicine 100 mg ..... cough suppressant  
 Medicine 150 mg ..... nasal decongestant

**Uses** Temporarily relieves:  
 ■ coughing due to minor throat and bronchial irritation  
 ■ nasal congestion

**Warnings**  
**Do not use** if you have ever had an allergic reaction to this product or any of its ingredients.

**Ask a doctor before use if you have** liver or kidney disease. Your doctor should determine if you need a different dose.

**When using this product**  
 ■ you may get drowsy  
 ■ be careful when driving a motor vehicle or operating machinery  
 ■ excitability may occur, especially in children

**Stop use and seek medical help** right away if allergic reaction occurs.

**Keep out of reach of children.** In case of overdose, get medical help or contact your local poison center at 1-800-222-1222.

**Directions**  
 ■ Tablet melts in mouth. Can be taken with or without water.

Age	Dose
adults and children 12 years and older	2 tablets every 12 hours; do not use more than 4 tablets in a 24-hour period
children 6 years to under 12 years	1 tablet every 12 hours; do not use more than 2 tablets in a 24-hour period
children under 6 years of age	ask a doctor

**Other information**  
 ■ store at 20°–25°C (68°–77°F) ■ keep dry

**Inactive ingredients**  
 anhydrous citric acid, aspartame, magnesium stearate, maltodextrin, modified food starch, sodium bicarbonate, D&C yellow no. 10

**Questions or comments?**  
 Call weekdays from 9 a.m. to 5 p.m. EST at 1-800-XXX-XXXX.

This is not an actual Drug Facts label.

## MEASURE IT CORRECTLY

To get an exact measurement, it is important to only use the dosing device that is provided with the medicine. The Drug Facts label tells you how much medicine you should take based on your weight and/or age.



**FACT:** Household spoons come in various shapes and sizes, which means they hold different amounts of liquid.

## ASK FOR HELP

Always talk with a parent or trusted adult to learn more about the responsible use of all medicines. Other resources include doctors, nurses, and pharmacists as well as your local poison center.



In 2013, America's poison centers managed over:

**250,000**

exposure cases involving children ages 6 to 19. Over 50 percent of these cases involved medication errors and misuse.

**DID YOU KNOW** that poison centers are staffed with experts, including doctors, nurses, pharmacists, and toxicologists, who can help answer general questions about medicines or can provide help over the phone if you come in contact with a poison?

Save the Poison Help number, 1-800-222-1222, in your phone.

# Western Region Education Efforts

Poison prevention is in focus in the western region of our service area. Mary Beth Dreyer, public health educator, helps spread our message of poison safety to all ages. Some of the outreach initiatives:

- Using *Stop, Ask First* Video to inform young, pre-school children about poisonous look-alikes and reinforce the importance of asking a grown up if something is safe to eat/drink
- Visiting Elementary Schools with a focus on responsibility. Students discuss poison look-alikes, keeping younger siblings safe and what to do in the event of a poison emergency
- Partnering with the University of Buffalo's School of Pharmacy and Pharmaceutical Science's students to develop and present poison prevention programs to over 3,000 Western New York elementary students

- Participating on various county and town-wide Prevention Coalitions representing the Upstate New York Poison Center
- Tabling at various school and community health fairs to distribute Poison Center literature, discuss poison safety and display poison look-alikes as a favorite teaching tool
- Visiting area school districts to discuss efforts of the Erie County Opiate Epidemic Task Force
- Presenting to the American Legion and other service groups, on utilizing the Poison Center in the event of a poisoning emergency

If you see an opportunity to work with Mary Beth on poison safety or drugs of abuse in the western region of the state, whether inviting her to attend a coalition meeting or asking her to present a program tailored to your particular audience, contact her at [dreyerm@upstate.edu](mailto:dreyerm@upstate.edu).

## Thank You Advocates!

### A huge round of applause!

Through their hard work and dedication, the Advocates for Upstate Medical University raise revenue to offer grant-funding opportunities to the medical university they are committed to serve.

Through their generosity from the past funding cycle, the Upstate New York Poison Center is now able to supply educational materials to more teachers, agencies and organizations than our budget would allow.

We want to thank the Advocates for their commitment and service to our community and for allowing the poison center the opportunity to apply for funding and for granting funds to enhance our educational programming. **THANK YOU ADVOCATES!**

The Advocates for  
**UPSTATE**  
MEDICAL UNIVERSITY

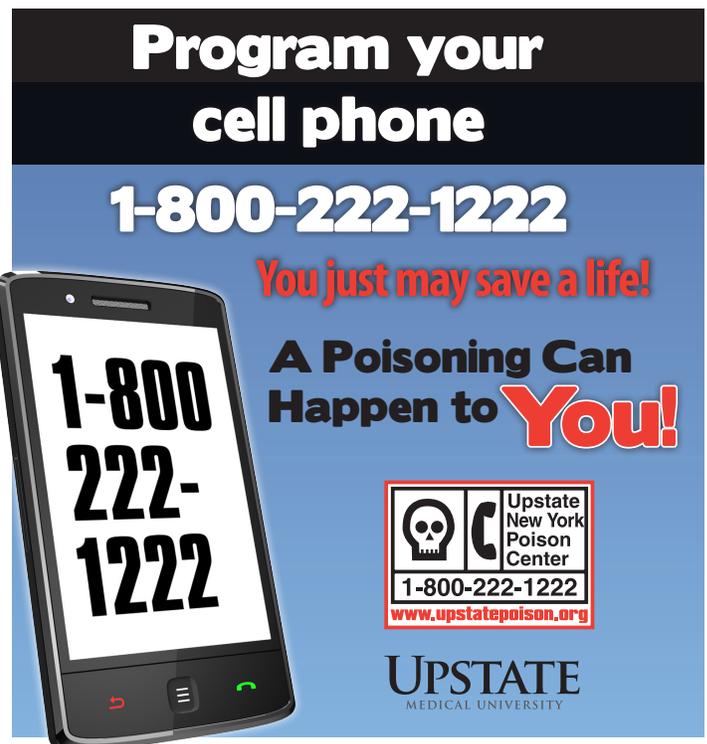


**DON'T EAT THE LAUNDRY PODS**

 **AAPCC**  
@AAPCC

More  
Not only are #laundrypackets not #tasty, but ingesting them can cause serious health issues and in some cases could lead to possible death.

Call the national poison help hotline at 1-800-222-1222 or text POISON to 797979 to save the number in your phone



**Program your cell phone**

**1-800-222-1222**

**You just may save a life!**

**A Poisoning Can Happen to You!**



**UPSTATE**  
MEDICAL UNIVERSITY