

Poison Prevention

Newsletter

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UPSTATE
MEDICAL UNIVERSITY

750 East Adams Street • Syracuse, NY 13210

FDA Gives a Green Light to E-cigarettes

The Food and Drug Administration (FDA) protects the public health by assuring the safety and effectiveness of both prescription and over-the-counter drugs in the US. The agency is also responsible for regulating tobacco products.

As one of its recent efforts, the FDA authorized the marketing of three new tobacco products from the R.J. Reynolds (RJR) Vapor Company including its Vuse Solo ENDS device and its tobacco-flavored e-liquid pods. This is important as it is the first set of electronic nicotine delivery system (ENDS) products ever to be authorized by the FDA.¹

This action does not mean these products are safe or "FDA approved." All tobacco products are addictive and none are safe. Those who do not use tobacco products should not start, as smoking has been proven harmful, especially to teens with developing brains and bodies. According to a surgeon general's report, the "e-juice" that fills the cartridges usually contains nicotine (which is extracted from tobacco), propylene glycol, flavorings and other chemicals.² Studies have found that even e-cigarettes claiming to be nicotine-free contain trace amounts of nicotine. Additionally, when

the e-liquid heats up, more toxic chemicals are formed, which can be harmful.

Data presented by the manufacturer showed that its tobacco-flavored products could benefit addicted adult smokers. The rationale proposes that when switching to these products, exposure to the harmful chemicals contained in combustible cigarettes, is reduced. The FDA will continue to monitor data to be sure that the beneficial effects of vaping products outweigh the risks they present (e.g., a dramatic increase in use by youth.)

Retrieved 11/15/21:

1. <https://www.fda.gov/news-events/press-announcements/fda-permits-marketing-e-cigarette-products-marking-first-authorization-its-kind-agency>

2. <https://e-cigarettes.surgeongeneral.gov>

If adults chose to use these products, be aware:

- Many e-pods contain nicotine, often not listed as an ingredient
- All products containing nicotine can be addictive
- The e-liquid pods can be dangerous or even deadly for a child if ingested so store all products up and out of the reach of children
- The best way to teach a child is to model the behavior you want the child to demonstrate. If you vaping, chances are higher your child will too

The NYS Smokers' Quitline at **1-866-NY-QUITS (1-866-697-8487)** can help in quitting.

For Holiday Information:

CLICK
HERE



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P: 1.800.222.1222 F: 315.464.7077 W: upstatepoison.org

Carbon Monoxide can Kill

Before using any heating source, be sure to take the steps outlined below to prevent carbon monoxide poisoning in your home. Carbon Monoxide (CO) detectors can be a life-saver!

Tips to prevent carbon monoxide poisoning

Install a CO detector in your home near bedrooms or living space on each floor. Read and follow all the directions and warnings before installing. Most manufactures recommend the detector be placed on the wall, lower to the ground than a smoke detector.

Check or change the batteries in your CO detector every six months.

Make sure all heating equipment is installed, connected and working properly, even if that means calling a specialist to be sure.

Keep portable space heaters at least 3 feet from anything that can burn, including bedding, furniture, and clothing. Never drape clothing over a space heater to dry.

To prevent CO poisoning, don't use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.



Never leave children in a room alone when a space heater is in use.

When using a kerosene heater, keep a door open to the rest of the house or open a window slightly. This will reduce the chance of carbon monoxide build-up in the room.

Always open the fireplace flue. Burn only untreated wood; never burn paper or pine branches - pieces can float out the chimney and ignite your roof, a neighbor's roof, or nearby trees.

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Drug-Related Deaths Soar in 2021

Drug related deaths rose nearly 30% in the US over 96,000 in a 12-month period ending in March 2021, a record number. In the breakdown of CDC data, opioids accounted for the highest number of these overdoses with 69,710 deaths, including illicit drugs and prescription pain medication.¹ Opioids include prescription opioids (natural and semi-synthetic and methadone), heroin and synthetic opioids other than methadone (primarily fentanyl).²

The Covid crisis may have made a bad situation worse. During the pandemic, many struggled with problems related to health, jobs, mental health, family issues or social isolation. Those seeking relief through treatment or therapy discovered offices, clinics and even hospitals closed or offering only limited access due to Covid restrictions. As a result, some turned to less conventional sources for relief, through the internet, on the street or even to the family medicine cabinet.

Dr. Nora Volkow, director of the National Institute on Drug Abuse, noted that the pandemic "created

a devastating collision of health crises in America... (with) an increase in drug consumption, difficulty in accessing life-saving treatments for substance use disorders, and a tragic rise in overdose deaths," Volkow said earlier this year.³

If you have opioids in your home be cautious. Carefully follow label directions when taking these medications.

Store all medicine, especially powerful opioid pain medication, up and out of the reach of children who might take them by accident and from away from

others, who might take your prescription for their own use.

Consider using a locked medicine box to reduce these risks and put the box in a safe location.

When looking to dispose of any opioid, be sure to follow your county's recommended disposal methods at collection sites in your area. Flushing down the toilet can pollute the environment.

If you are seeking pain relief, talk to your healthcare provider about options other than opioids, which can be highly addictive.



Retrieved 10/29/21

1.https://www.cdc.gov/nchs/pressroom/nchs_press_releases/2021/20210714.htm

2.<https://www.drugabuse.gov/drug-topics/trends-statistics/overdose-death-rates>

3.https://www.cdc.gov/nchs/pressroom/nchs_press_releases/2021/20210714.htm



Acetaminophen for Children

Acetaminophen is found in over 500 products, in prescriptions and in over-the-counter medications, often as Tylenol®. The most common poisoning in young children involves either unintentional ingestions, while children are exploring the world around them or in dosing errors, when caregivers make mistakes in the amount of medicine they give to a child. Acetaminophen-related overdoses account for about 56,000 emergency department visits annually, including both unintentional and intentional poisonings (suicide attempts).

If you think that your child has ingested too much medication, call the Poison Center at 1-800-222-1222. We can help you managed most poisonings at home but if determined a trip to a health care facility is necessary, we can help with that too.



Here are some tips about acetaminophen:

- Buy acetaminophen products made for children and give the right dose based on weight, not age. (For a child under 2 years, always ask your doctor first.)
- Read and follow all label directions, warnings and precautions and be sure not to exceed the recommended maximum daily dose as listed on the label.
- If a measuring device comes with a medicine, use it. If not, use a medicine spoon or dropper as listed in directions. Don't use a kitchen teaspoon or tablespoon.
- Be careful not to give two medicines with acetaminophen at the same time.
- Think about buying only bottles with a small amount of pills/capsules as acetaminophen overdose can cause liver damage. This is a special worry for households with anyone who might be at higher risk for overdose (e.g., children, those with poor memory or mental health conditions).
- Store all medicine up and out of sight and reach of children and be sure to dispose of all outdated, unwanted medication as directed by your county's health department.

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Don't use your stove or oven to heat your home, not even for a short time.

When using a generator, never place it inside or in covered space. Keep it at least 15-20 feet from the house.

If your CO alarm sounds, call emergency services (911 or your local fire department), and immediately move to fresh air (either outdoors or near an open door or window).

Know the symptoms of CO poisoning: headache, fatigue, dizziness, and shortness of breath. If you experience any of these symptoms, get fresh air right away and contact a doctor for proper diagnosis or call the Poison Center at 1-800-222-1222.

Symptoms of CO poisoning

Headache, dizziness and nausea are signs of CO poisoning. Some describe their symptoms as being "flu like" when at home but often feel better after being away. Long-term exposure to CO can cause heart and brain damage, which ultimately can lead to death. Delayed effects from low levels of CO include: memory loss, impaired thinking and confusion.

Click here for a brochure on prevention CO poisoning:
www.upstate.edu/poison/pdf/CO-brochure.pdf

Click here for a video to share with family or others:
<https://www.youtube.com/watch?v=JlmtBOPxZ4>



SNADD offers a solution for the safe disposal of household medications in Onondaga County. As a collaborative effort, local police departments act as collection sites for both over-the-counter and prescription medications. The program helps to reduce the availability of all drugs in the home reducing the risk of someone taking a medicine by mistake or someone taking a medication for their use. Most locations below also have needle kiosks for sharps drop-off. Outside Onondaga County, be sure to look for drug take-back collection sites in your county!

2021															Pounds	Miles
Burn Date	B'ville	Camillus	Cicero	Dewitt	Geddes	Jordan	Manlius	Marcellus	OCC	SPD	Solvay	Nsyr	ESF			
2/4/2021	70	75	55	50	10	5	50	5	5	10	10	10	5		360	150
3/5/2021	50	50	50	30	5	5	20	0	0	5	5	0	0		220	150
4/8/2021	70	90	90	70	10	0	50	2	2	1	15	0	0		400	130
5/13/2021	60	70	60	60	5	5	45	5	0	30	5	10	0		350	150
6/11/2021	50	80	30	70	5	5	50	5	20	30	5	10	0		360	150
7/9/2021	40	50	20	45	5	5	45	5	5	5	5	10	0		240	150
8/18/2021	85	100	100	70	15	5	70	10	5	15	15	10	0		500	150
9/29/2021	85	100	100	70	15	5	70	10	5	30	15	15	0		520	150



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