

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



WHEN LIFE HAPPENS...

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

I ate something that made me sick!

I splashed cleaner in my eye.

My child swallowed a button battery.

A snake bit me.

Our carbon monoxide alarm is going off!

My baby ate rat poison.

I took my medicine twice.

WHEN YOU HAVE QUESTIONS, OUR EXPERTS HAVE ANSWERS

PREPARE

Save the Poison Control number 1-800-222-1222 in your phone in case of an emergency.

PREVENT

More than 90% of poisonings happen in the home. Take steps to make your home safer.

PROTECT

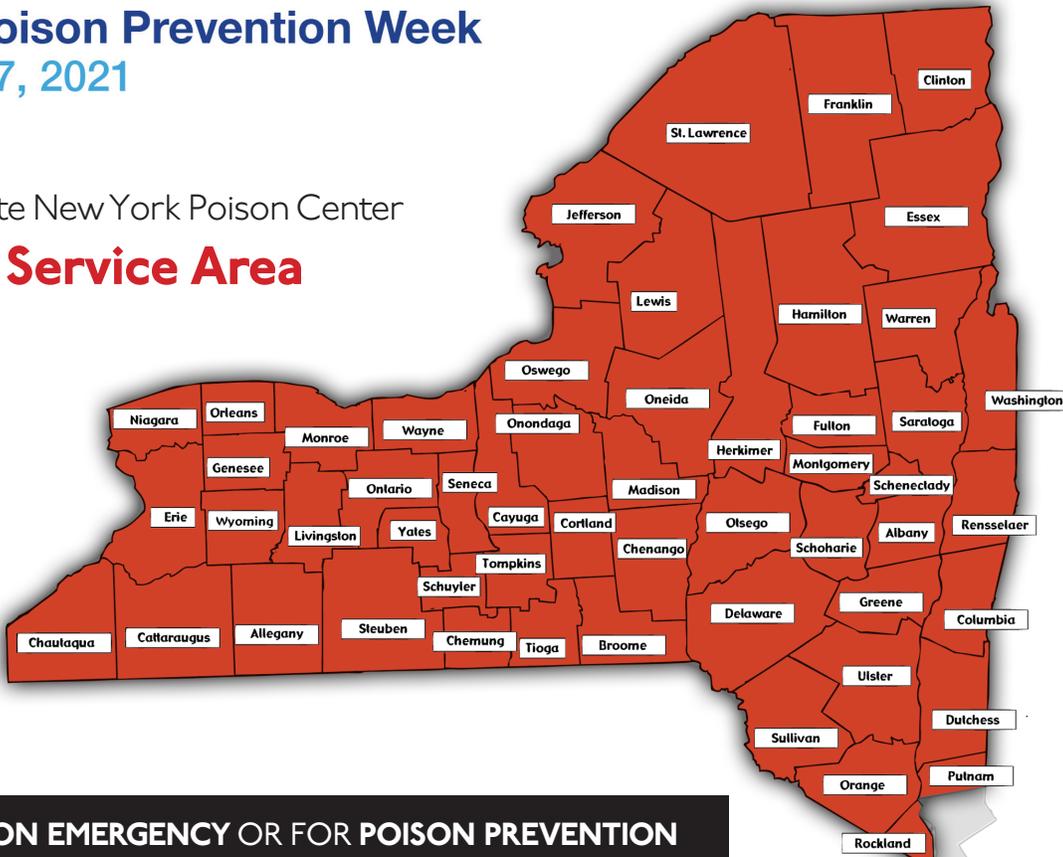
Seconds count! If you suspect a poisoning, don't take a chance. Call us right away.

National Poison Prevention Week

March 21-27, 2021

Upstate New York Poison Center

Service Area



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

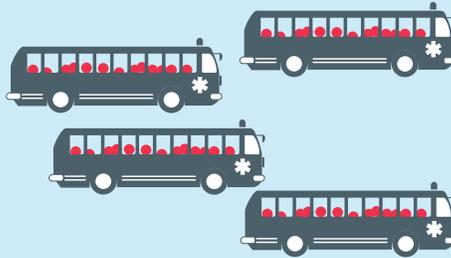
KIDS and MEDICINE SAFETY

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.

