

## National Poison Prevention Week

March 14 – 20, 2010

What is National Poison Prevention Week? In September 1961 President John F. Kennedy designated the third week of March as National Poison Prevention Week (NPPW). Sixty-one certified United States Poison Centers and other health and safety organizations around our great nation coordinate activities to increase awareness of the dangers of unintentional poisonings and teach about poison prevention.

Each year over one million poisonings involving small children are reported to U.S. Poison Centers. About fifty percent of all poison exposures involve children ages five and under. Fortunately, most of these exposures result in no or minor effects.

Last year Rocky Mountain Poison Center (RMPC) handled close to 121,500 human poisonings. Children age five and under accounted for 60, 841 of that total. With the advice of poison experts, 72% of those calls were managed at home without needing to go to a health care facility, saving many thousands of health care dollars

The Rocky Mountain Poison Center (RMPC) invites you to take action to prevent poisonings in your home and community during this 48<sup>th</sup> Annual National Poison Prevention Week.

### Action Steps for parents, grandparents and caregivers of young children include:



Use the Home Checklist on other side to make your home poison safe.



Visit [www.rmpdc.org](http://www.rmpdc.org); Click on Poison Prevention Tips to download poison prevention materials. Share these with family, friends, and community organizations.



Post the PoisonHelp number **1-800-222-1222** near your phone. Call RMPC to obtain phone stickers and refrigerator magnets.

### Action Steps to decrease medicine related poisonings include:



Discard unused prescription medicines. Call RMPC at **1-800-222-1222** for directions.



Learn the signs and symptoms of medicine abuse and watch for them.



Consult your physician for advice if you suspect medicine abuse in a family member.

Did you know that you can call **1-800-222-1222** 24 hours a day, 7 days a week from anywhere in the U.S. to reach your nearest poison center?

This publication was supported by Grant No. H4BHS15506 from the Health Resources and Services Administration's Division of Healthcare Preparedness, Poison Control Program (PCP), U.S. Department of Health and Human Services. The contents of this publication are solely the responsibility of the author and do not necessarily represent the views of HRSA/PCP.







# Be Smart, Keep Kids and Poisons Apart

## Poison Prevention

Do you know the score?

### Home Checklist

Give yourself one point for each preventive step you do now.

<b>Kitchen</b> 	No household products under the sink
	No medicines on the countertops
	All cleaners out of reach
	No medicines on the window sill
<b>Bathroom</b> 	Medicine chest cleaned monthly
	Old medicines thrown out safely
	All medicines in containers with safety caps
	Always read the label
	Always turn on a light when taking medicine at night
	Never call medicine "candy" for children
<b>Bedroom</b> 	No medicines left within reach on dresser, chest, or bedside table
	All perfumes and cosmetics are out of reach
	No flaking paint chips on crib, playpen or window sills
<b>Laundry</b> 	Soaps and detergents up high
	All cleaners in locked cabinets
	Furniture and metal polish out of reach
	Drain cleaners are in safety closure containers and locked up
<b>Garage</b> 	Bug spray and weed killers up high
	No gasoline left in a pop bottle or cup
	Turpentine and paint thinner are in original containers and up high
<b>Total Score</b> 	19-20 Excellent
	16-18 Good, but keep trying
	10-15 Room for improvement
	6-9 Danger area with need for improved safety measures
	0-5 Asking for trouble with small children in the home