

GOING, GOING . . . !

The final copy of the Upstate New York Poison Center Newsletter will be sent out by snail mail in December 2012. Beginning in March 2013 our Newsletter will be only emailed to recipients. To be assured you continue to receive our newly formatted e-newsletter, you must first get your email to us by:

Email: ryanke@upstate.edu

Phone: 1-315-464-7078

Fax: 1-315-464-7077

Mail: Poison Center

750 E. Adams Street, Syracuse, NY 13207



Poison Prevention

Newsletter

October 2012

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

Onondaga County Bath Salts Forum

The Upstate New York Poison Center called together key community agencies to address issues and problems related to Bath Salts, a synthetic drug of abuse.

Agencies and organizations, including The Onondaga County Health Department, The Prevention Network and Rural Metro, met to form a Task Force related to the issue of synthetic drugs. The Task Force adopted a strategic plan to hold a public forum to raise community awareness of this growing problem; identify community concerns; develop a community action plan addressing these concerns; build a collaborative and systematic approach to combat the impact of bath salts in our community and halt the abuse of this deadly drug.



F i r s t Responders, Health Care Professionals, S c h o o l Administrators, C o m m u n i t y Leaders, parents and the general c o m m u n i t y

were invited to the Forum to begin community dialogue on the issue. The forum was held Friday, July 20th, 2012 at Onondaga County Community College.

The forum featured a panel of experts discussing these drugs and the impact on our communities. Panelists

include Cynthia Morrow, MD, MPH, Onondaga County Health Commissioner; Alexander Garrard, PharmD, clinical toxicologist, Upstate New York Poison Center; Daniel Olsson, DO, Upstate Medical University physician and Regional Medical Director for Emergency Medical Services; and Brad Finn, Executive Director, Prevention Network. Michele Caliva, RN, CSPI, Administrative Director of the Upstate New York Poison Center, served as panel moderator.

The Forum was a grand success with over 350 participants attending the panel discussion and over 250 participants engaging in the breakout sessions following the panel, to provide input and feedback related to community, professional and public needs related to this crisis. Breakout groups included: Health Care Professionals, First Responders, Policy, Education & Prevention and Awareness, each with a moderator to lead and record discussion and action items.



The future goal is to reconvene group members for continued discussion and to develop additional action items related to the topic, driven by each individual group.

Several other counties within our 54 county coverage area have replicated the Onondaga County Bath Salts Forum, by holding a similar county-wide event based on this model. The Poison Center staff served as panel members at many of these events.

Teach Your Children About Poisons

Children act fast and so do poisons. Parents and caregivers are amazed at how fast a child can get into something. Why do unintentional poisonings happen? Blame it on the “Look-alike factor”. Products whether in or out of their original container surprisingly “look like” another product. For example, brightly colored liquids such as cleaning and automotive products look like juices, soda and sport beverages. Medicines come in different sizes, shapes and colors that look like and some even taste like candy.

Children who are too young to read labels and adults who do not take the time to read the label can easily mistake a liquid not intended for consumption as something good to drink; especially when they are out of the original container and put into a glass, cup or other drink container.

Here is a partial list of liquid products that have the “look alike factor”.

- Apple juice and pine cleaner
- Blue Kool-aid and glass cleaner
- Soda and Beer (in cans or bottles)
- Water and a clear liquid like rubbing alcohol
- Energy drinks and cleaning products

Thousands of new products in attractive packaging are brought to the market every

day. In order to make the products appealing to the consumer these products are packaged and sold in creative containers with catchy names and bright colors. Always read the label and keep chemicals and other poisonous products up and out of the way of children.

Stop Ask First!

One of the most effective prevention lessons you can teach your children is to **stop and ask first**, before they touch, taste, smell, or pick something up. We have a video on our website that you can watch with your children to teach them to stop and ask first. Go to www.upstatepoison.org. You can also download and print out poison prevention materials.

The number for the poison center is 1-800-222-1222. Please program your cell phone with this number for access to the poison experts 24/7 . If you would like materials, a phone sticker or magnet with the poison center number just call and we will mail you information.



Head Lice

End of summer means back to school time! As children flock back to class, the annual plague of head lice lurks behind those classroom doors. These unpleasant creatures don't spread disease but can be a nuisance to many.

The most common route of transmission is head to head contact, such as two children bending over the same coloring book. These pesky creatures do not discriminate. Any head will do! It is a wise idea for students not to share hats, brushes, hair accessories, coats and combs with friends.

Lice lay eggs close to the scalp because it is warm. The life span of an adult louse on the host can be up to 30 days. During this time, the female can deposit about 90 eggs. After incubating for 7 to 10 days, the nits hatch and, after another 10 days, mature into adult head lice. The cycle then begins again.

Both prescription and over-the-counter remedies are effective in treating head lice. It is important that pregnant women and small children be treated under the direction of a physician. All persons who have head lice in a household should be treated.

To treat an infested person:

- Remove all clothing
- Apply head lice medication according to label directions
- Have the person bathe and put clean clothing on after treatment
- Repeat treatment in 7 to 10 days

The CDC recommends that infested patients be treated twice, as some agents that kill lice may not kill nits. Parents, school nurses and guardians should check treated children for lice and nits daily for 2 to 3 weeks after treatment. In addition, clothing, coats, hats, towels and other items, including bedding need to be treated by washing them in hot, soapy water. If a coat or bedding can't be washed because of manufacturers care directions, have it dry cleaned. Toys or other non-washable items should be put in airtight plastic bags for several weeks. Lice will not survive away from human host for more than a few days.

For more information visit the website www.headlice.org.



New and Improved Flipcharts

The Upstate New York Poison Center is pleased to announce the new and improved Look Alikes Flipchart. The chart contains pictures of look-alike products, one poison and one food product, e.g. redhot candies and Sudafed medicine or blue Gatorade paired with blue mouthwash. The Flipcharts are used with our poison education programming to demonstrate the similarities between some food products and matching poisonous products and to promote safe storage and use. The Flipchart is available on an “on-loan” basis through the Poison Center for educator’s outreach efforts and is used by many program partners, such as county health departments in teaching or promoting poison safety in their communities.



The Medicine Cabinet

Fall is a good time to investigate and separate the products in your medicine cabinet. Check for expired and out dated prescriptions and over the counter, “OTC” medicines and properly dispose of them through local collection days when possible.

Know that medicine can look like candy and children often can’t tell the difference. Children’s multi-vitamins are often fruit or candy flavored. They are marketed as gumballs, gummy bears, or cartoon characters making it more difficult to reinforce the message that medicine is not candy. Unfortunately, when a young child ingests a medication, he or she is often incapable of assessing or communicating the amount ingested, which can complicate the problem. Additionally, a child may not show any signs or immediate symptoms. The only clue might be an empty bottle or package of vitamins or pills left behind. Be aware of look-alike meds and store them safely.

If your medicine cabinet is cluttered take time to identify what products you have and what they are used for. For example, if taking aspirin, Tylenol, or ibuprofen for your aches and pain, read the label carefully for appropriate use, proper dosing, active ingredients and the strength of the medication. Never mix medications without first talking with your doctor or pharmacist. If possible keep all medicine up high and out of the reach of children. If you even think an ingestion has occurred, call your Poison Center immediately at 1-800-222-1222. Remember to bring the bottle or package with you so that you can give specific product information. Poison Information Specialists will be glad to help you.

Upstate News



SUNY Chancellor Nancy Zimpher talks with Dr. Alexander Garrard, a clinical pharmacologist with Upstate Medical University's Poison Center, outside Upstate's exhibit at the New York State Fair. Zimpher visited the fair as part of the fair's SUNY Day.

**Suggested topics
for our newsletter
can be submitted to:**

**Lee Livermore
Poison Control
750 E. Adams St.
Syracuse, NY 13210**



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

To receive your FREE telephone stickers, magnets, and information brochures, dial 1-800-222-1222 ask for the Health Educator at The Upstate New York Poison Center.