



Poison Prevention

Newsletter

June 2013

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

How can you prevent poisonings?

- Store all drugs and chemicals in their original container and out of the reach of children, preferably in a locked cabinet.
- Never put chemicals in food containers (e.g. never put bleach in a drinking glass or gasoline in a soda bottle).
- Never call medicine “candy” as it confuses children. Medicine is medicine.
- Use products with safety caps. Make sure the tops are on tightly after each use.
- Read and follow label directions on all products before using them.
- Program your cell phone with the number of the Poison Center or keep the number near your telephone for easy access. Call if you have a poison question or poison emergency.



Summer Time Clean Up: Household Hazardous Waste

Many cleaning products we use in and around our homes contain toxic chemicals. It is important to follow label directions, not only for proper use but also for safe disposal of these items. When it's time to dispose of the outdated or leftover products, be aware that some are considered hazardous wastes and should be disposed of according to the rules for your county. Many of the items should not be poured down the drain, as they can leach into the soil, contaminating water and plants, affecting both animals and humans as well. Important to note than others should not be put into your trash either. We recommend you first, check the label for the manufacturer's recommendations for safe disposal. Also, check out the Onondaga Resource Recovery Agency's (OCCRA) website for more information or to make an appointment for drop-off at <https://ocrra.org/resource-pages/resource-page-category/toxics>. If you do not live in Onondaga County, be sure to call your county's resource recovery agency or visit their website for more information specific to your county of residence.

Use the checklist below to review the products OCCRA will accept for disposal. If the product is not listed you can contact OCCRA, or your county's resource recovery agency.

OCCRA's Acceptable Items List:

- **Automotive products** such as transmission or brake fluid, engine degreaser, anti-freeze, diesel fuel, gas cans, and contaminated gasoline.
- **Cleaning supplies**, such as oven cleaner, drain cleaner, lye, toilet bowl cleaner, floor and furniture polish, mothballs and products containing petroleum.
- **Garden products including pesticides.**
- **Painting supplies**, including OIL-BASED paints, stains, or finishes, paint thinner, turpentine, brush cleaner, paint stripper, and wood preservatives. *Place empty oil-based, latex or aerosol paint cans in your trash. (NOTE: Latex paint is not accepted, but you can dispose of it properly by drying out the paint with paint drying crystals, available at local hardware stores, or kitty litter.)*
- **Miscellaneous products**, such as fluorescent light bulbs, pool chemicals, lighter fluid, kerosene, driveway sealer, mercury thermometers and thermostats, nail polish remover, smoke detectors, loose asbestos that has been double bagged, and any product whose label has descriptions such as toxic, flammable, poisonous, or corrosive.

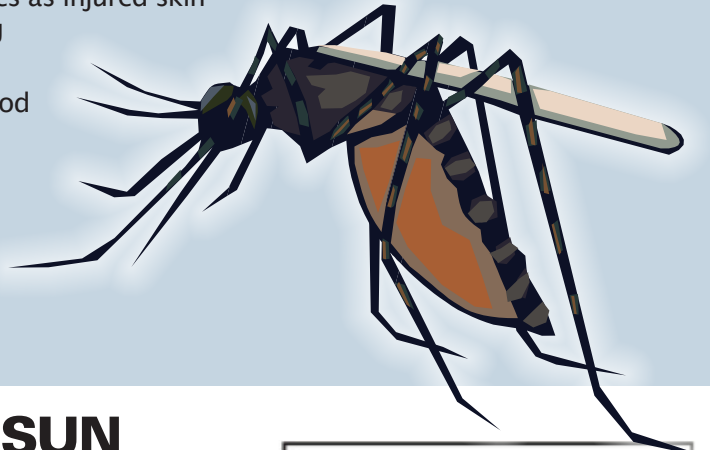
To make an appointment for hazardous household waste in Onondaga County visit OCCRA's website at <https://ocrra.org/resource-pages/resource-page-category/toxics>.

For more general information on Household Hazardous Waste you can visit www.epa.gov.

Insect Repellent Safety

It's summertime and along with the warm weather comes insects that buzz, sting and bite. Bug repellent products are sold in many forms: sprays, solids, lotions and even products that smoke, when burned, to keep the insects away. No matter which form you use, bug sprays are pesticides and can cause unintentional poisoning. It is best to be cautious when using any product containing a pesticide. Here are some helpful tips to consider:

1. Follow label directions and precautions carefully.
2. Avoid using any of these products on the face especially sprays.
3. Do not apply sprays directly to the skin, especially a child's skin. Spray the clothing instead, before getting dressed.
4. Use these products outdoors or in a well-ventilated room, especially sprays.
5. Products that require burning to repel bugs should never be used inside.
6. Do not apply products to cuts, sunburns, or rashes as injured skin absorbs the pesticide more quickly, often causing irritation or a burning sensation.
7. Avoid using aerosols near open flames or near food or cooking/eating areas.
8. Wash hands after applying the product.
9. Keep all products out of reach of children.
10. Do not use any product on pets or other animals unless the label clearly states it is safe for animals.



Protect Your Skin from the SUN

Spending time in the sun increases a person's risk of skin cancer and early skin aging. To reduce these risks, consumers should regularly use a Broad Spectrum Sunscreen with a Sun Protection Factor (SPF) value of 15 or higher in combination with other protective measures such as:

- Limiting time in the sun, especially between the hours of 10 AM and 2 PM when the sun's rays are the strongest.
- Wearing clothing to cover skin exposed to the sun (long-sleeved shirts, pants, sunglasses, and broad-brimmed hats) when possible.
- Using a water resistant sunscreen if swimming or sweating.
- Reapplying sunscreen, even if it is labeled as water resistant, at least every 2 hours. (Water resistant sunscreens should be reapplied more often after swimming or sweating, according to the directions on the label.)

For more information visit: www.fda.gov/sunscreen



Drug Facts	
Active Ingredients	Purpose
Avobenzone 3% Homosalate 10% Octyl methoxycinnamate 7.5%	Sunscreen
Uses	
<ul style="list-style-type: none"> • helps prevent sunburn • if used as directed with other sun protection measures (see Directions), decreases the risk of skin cancer and early skin aging caused by the sun 	
Warnings	
For external use only	
Do not use on damaged or broken skin	
When using this product keep out of eyes. Rinse with water to remove.	
Stop use and ask a doctor if rash occurs	
Keep out of reach of children. If product is swallowed, get medical help or contact a Poison Control Center right away.	
Directions	
<ul style="list-style-type: none"> • apply liberally 15 minutes before sun exposure • reapply: <ul style="list-style-type: none"> • after 40 minutes of swimming or sweating • immediately after towel drying • at least every 2 hours • Sun Protection Measures. Spending time in the sun increases your risk of skin cancer and early skin aging. To decrease this risk, regularly use a sunscreen with a broad spectrum SPF of 15 or higher and other sun protection measures including: <ul style="list-style-type: none"> • limit time in the sun, especially from 10 a.m. – 2 p.m. • wear long-sleeve shirts, pants, hats, and sunglasses • children under 6 months: Ask a doctor 	
Inactive ingredients	
aloe extract, barium sulfate, benzyl alcohol, carbomer, dimethicone, disodium EDTA, jojoba oil, methylparaben, octadecene/MA copolymer, polyglyceryl-3 distearate, phenethyl alcohol, propylparaben, sorbitan isostearate, sorbitol, stearic acid, tocopherol (vitamin E), triethanolamine, water	
Other information	
<ul style="list-style-type: none"> • protect this product from excessive heat and direct sun 	
Questions or comments?	
Call toll free 1-800-XXX-XXXX	



Wrigley to Halt Sales of New Energy Gum

As the FDA continues to study data on the health affects of caffeine on children. Wrigley, famous for chewing gum, has agreed to halt production of their new *Alert Energy Caffeine Gum*. The gum contains 40 mg of caffeine per stick equivalent to about one half of a cup of coffee. The FDA plans to develop a regulatory process to act as a guide as to the appropriate levels and use of caffeinated products.



WRIGLEY

Did You Know?



94%

OF POISONINGS HAPPEN IN THE HOME.



81%

OF HUMAN EXPOSURES WERE UNINTENTIONAL



51%

OF CALLS TO POISON CENTERS INVOLVE CHILDREN 5 AND YOUNGER

What to do (and don't do) if you're exposed to a poison

STEP ONE



Do keep calm.



Don't panic and take action without seeking professional advice.

STEP TWO



Do call 1-800-222-1222.



Don't look up advice on the internet. Every second counts and you may get bad advice on the web.

STEP THREE



Do follow the advice of the poison center expert and carefully monitor the exposure.



Don't be embarrassed. With 4 million calls to poison centers each year, there's nothing they haven't heard.

Medicine Spoon Project

With funding granted by the Friends In Deed Campaign and the Advocates of Upstate, the Upstate New York Poison Center will initiate a new medicine safety project at the Pediatric Emergency Department at University Hospital, Community Hospital ED and at Upstate Golisano After Hours Care.

The intent is to inform parents/caregivers of children age ≥ 5 that kitchen spoons are not accurate measures for dosing medication. Parents and caregivers with a child visiting each of these facilities will receive a packet containing a low literacy brochure promoting safe medicine practices, a calibrated medicine spoon and a telephone sticker. Items will be in a plastic medicine bag listing the number of the Poison Center. The packet will also include a survey to be completed by parents and caregivers at the ED, facilitated by the nursing staff. The survey will provide data for process improvement and in support of future funding.



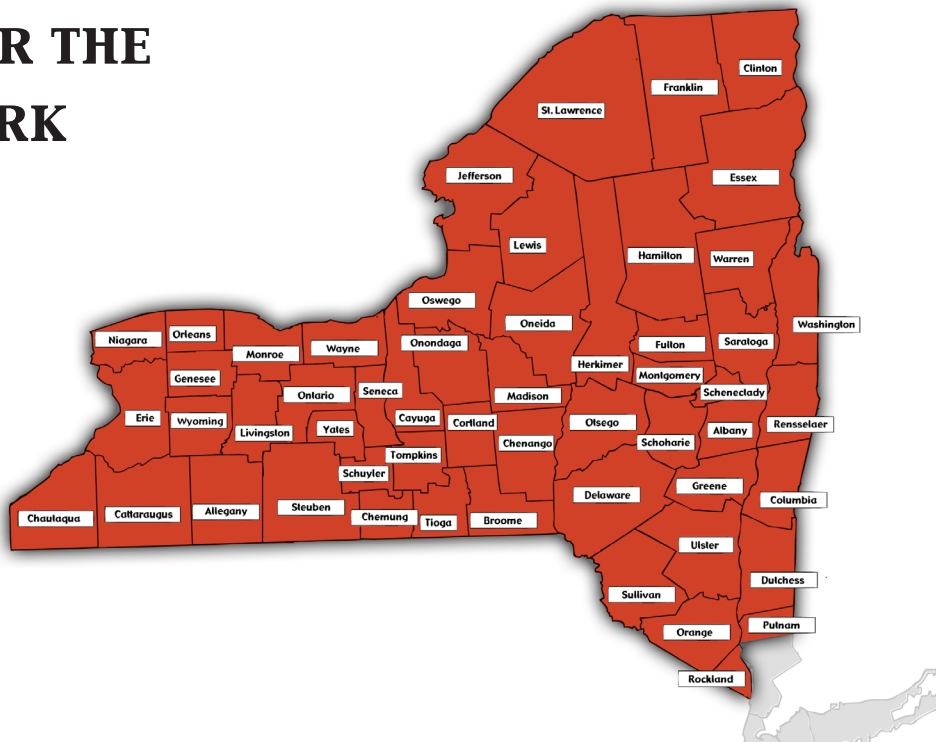
www.aapcc.org

POISON
Help
1-800-222-1222
AAPCC

SERVICE AREA FOR THE UPSTATE NEW YORK POISON CENTER



UPSTATE
MEDICAL UNIVERSITY



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

Please visit our website at www.upstatepoison.org for a more poison resources, including brochures, posters, archived newsletters and....



Upstate Medical University
750 East Adams Street • Syracuse, NY 13210
P: 1.800.222.1222 F: 315.464.7077 W: upstatepoison.org