



Poison Prevention

Newsletter

September 2013

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

Get Teens the Shots They Need!

The Onondaga County Health Department suggests that preteens and teens are a group that might be overlooked when thinking about shots. Immunizations can help protect preteens or teens from diseases they may be at risk for now and in the future. As teens get older, the protection provided by some childhood vaccines begins to wear off; therefore, additional shots are needed (boosters). There are also new shots that are recommended for this age group.

There are four vaccines recommended for preteens and teens. Everyone age 6 months and older should get a flu vaccine each year. In addition to the flu shot, adolescents should be given three other vaccines when they are 11 – 12 years old; including Tdap vaccine, the first of two Meningococcal vaccines, and the first of a three shot series of Human Papillomavirus (HPV) vaccines. Ask your health care provider at your next office visit about the shots your preteen or teen may need.

Schedule your appointment TODAY for any needed immunizations. For more information on immunizations, contact the Onondaga County Health Department at 435-2000 or visit www.ongov.net.

Onondaga County Health Department

Joanne M. Mahoney, County Executive
Cynthia B. Morrow, MD, MPH, Commissioner of Health



www.ongov.net/health • [facebook.com/ongovhealth](https://www.facebook.com/ongovhealth)

Source: www.cdc.gov/vaccines

Fall Safety Tips

Fall in Upstate New York is breathtaking. Here are some tips for keeping you and your family safe during this beautiful season:

- ✓ As the temperatures cool, make sure your heating system is running smoothly. Have fuel-burning appliances checked by a professional.
- ✓ Put new batteries in carbon monoxide (CO) detectors as CO dangers increase during the heating seasons.
- ✓ Outdoorsmen who camp need to avoid using heating devices in enclosed spaces.
- ✓ Other living creatures want to get into your warm home when the weather gets cold. Keep mouse/rat poisons and ant traps inaccessible to young children and pets.
- ✓ During cold and flu season keep all medicine stored in original containers, locked up and out of sight of young kids. Be sure to follow directions for proper dosing.
- ✓ Antifreeze: Winter formulations of windshield washer fluid and anti-freeze are very toxic. Be sure to store out of reach of young children and pets.
- ✓ In addition, follow these tips to keep your loved ones safe during the Halloween season.
 - Check candy wrappers for holes, tears, and signs of rewrapping or tampering thoroughly before allowing children to eat them.
 - Keep treats away from pets. Some, such as chocolate, can be poisonous to pets.
 - Throw away unwrapped candy or fruits.
 - Be watchful of glow sticks. If one breaks, avoid skin contact and do not swallow the liquid contents.
 - Keep face-painting materials out of the reach of small children.
- ✓ Have the Upstate New York Poison Center phone number 1.800.222.1222 ready in the event you need to call the Poison Center.



Laundry Pods: A Deadly Danger

Henry Spiller, MS, DABAT, Director, Central Ohio Poison Center

When you think of laundry, you usually think of a chore or perhaps fresh sheets, but you usually don't think of danger. However in the last two years a new product has appeared that may change that. The new laundry pods are here and they are convenient, colorful, and popular. However in the hands of a young child they can be fatal. Two weeks ago a baby died after ingesting one of these laundry detergent pods.

In the last year alone more than 6,000 children under 5 years old have ingested these laundry pods, with more than 3,000 of them needing to go to the emergency room. And the trend continues to increase.

These pods are brightly colored and about the size of a small cake or candy. They are very attractive colors (Orange white and blue) and about the right size for their small hands. In a recent test of 2 year olds (who were closely watched for safety), the 2 year olds picked up the laundry pods before they chose a piece of actual candy! Here in Ohio we have had more than 350 children ingest these pods.

Symptoms from ingestion can be vomiting, oral burns, airway swelling and burns, breathing difficulty, decreased consciousness. This new product should be kept out of reach of your children and out of sight. High up and in a locked cabinet are good ideas. If you think your child has



ingested one sweep out the mouth. Do not make them vomit (but they may vomit spontaneously) . Then call the poison center and you will get an expert immediately.

So if you have small children in the home, remember that wonderful curious nature may sometimes get them into trouble. If you have questions call the poison center at 1-800-222-1222. Save the number in your cell phone or call for a free magnet with the poison center number and an information packet how to poison proof your home.

Smoking Earwax?

Gail Banach, MS, MEd, BA

A new trend in drug abuse finds the pleasure seeker, smoking earwax to get "high"!

The amber, honey-colored, sticky resin takes its name from "the real thing" but this drug is not found in the ear canal. Rather it is actually a by-product of marijuana infused with butane gas or isopropyl alcohol.

Generally, the dried seeds, buds and stems of the marijuana plant are crushed and infused with the butane gas or alcohol and then "cooked" to eliminate the solvent. The process strips the marijuana of its active ingredient, tetrahydrocannabinol or THC to produce the highly potent "earwax", also referred to as "dabs", "honey oil", "weed oil" and "shatter". The essence produced is much more potent than typical marijuana rolled in cigarette paper, which contains about 5 to 15% THC. If only the buds of the plant are used, the THC is higher. Earwax, however, is typically 50-80% THC. The goal is to get the purest, least bitter product possible.

To do this, illegal drug chemists recommend using the proper tools to eliminate the solvent from the mixture. One of the noted problems it seems is that in the process, you can blow up your house or worse, yourself.

When alcohol or gas is heated, the smallest spark, including a ringing cell phone, can start a fire. FEMA reports: "Some explosions in residences and hotels around the country are being traced back to a process extracting compounds from marijuana. Fires and explosions have blown out windows, walls and caused numerous burn injuries."¹

1. <http://www.usfa.fema.gov/fireservice/emr-isac/infograms/ig2013/6-13.shtm#1>



ToxiKnowledge

PROVIDING A BASIC UNDERSTANDING OF EVERYDAY TOXICOLOGY TOPICS

Carbon Monoxide: The Silent Killer

Carbon monoxide is called the "silent killer" because there are no odors and few symptoms that signal a problem. When people use generators improperly - too close to homes, in garages or outside bedroom windows - carbon monoxide can seep in and sicken or even kill.

What is carbon monoxide?



Carbon monoxide (CO) is a gas. It's colorless, odorless and tasteless. The problem is, it blocks our body's ability to absorb oxygen.

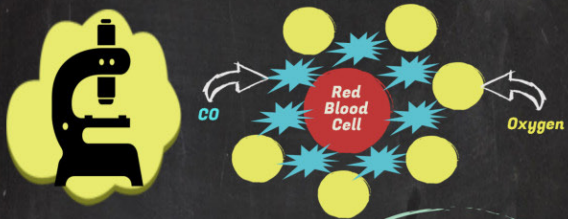
Three Ways Carbon Monoxide Mimics Oxygen

CO blocks the oxygen from getting into our bodies tissue.

The CO takes up the oxygen's space. It attaches to our blood cells 200 times more powerfully than the oxygen that we need.

It also interferes with the enzymes in our cells' energy factories, or mitochondria, that use oxygen.

Together, all of these events cause the same effect as suffocation. Our body can't get and use the oxygen it needs.



What does carbon monoxide poisoning feel like?



It's easy to confuse symptoms of carbon monoxide poisoning because it can mimic the flu or other illnesses.

You may experience headache, nausea, vomiting and dizziness, or you may not notice anything at all.

This is why it's important to have a working carbon monoxide detector in your home.

If you are exposed to high amounts of CO, you could lose consciousness and be at risk of convulsions, brain damage and death.

More severe symptoms may include throbbing headaches, drowsiness, confusion and even heart irregularities.

While CO poisoning can occur over hours, high concentrations of CO can kill you within minutes.



FOR MORE INFORMATION, CONTACT YOUR LOCAL POISON CENTER

1-800-222-1222



www.aapcc.org



Head Lice

Head Lice is something that can affect anyone and often you can have lice before you are aware of it.

What are Lice and Nits?

Lice are reddish-brown wingless insects, nits are grayish-white, always oval shaped, and are glued at an angle to the side of the hair shaft.

How do people get Lice and Nits?

Anyone can get head lice... generally by head-to-head contact but also from sharing hats, brushes and headrests. Lice do not jump or fly.

Take these steps to protect your children.

1. Watch for signs of head lice, such as frequent head scratching.
2. Check all family members for lice and nits (lice eggs) at least once a week, only those infested should be treated.
3. Be sure not to confuse nits with hair debris such as bright irregularly shaped clumps of dandruff.

If you do find lice or nits, follow these steps:

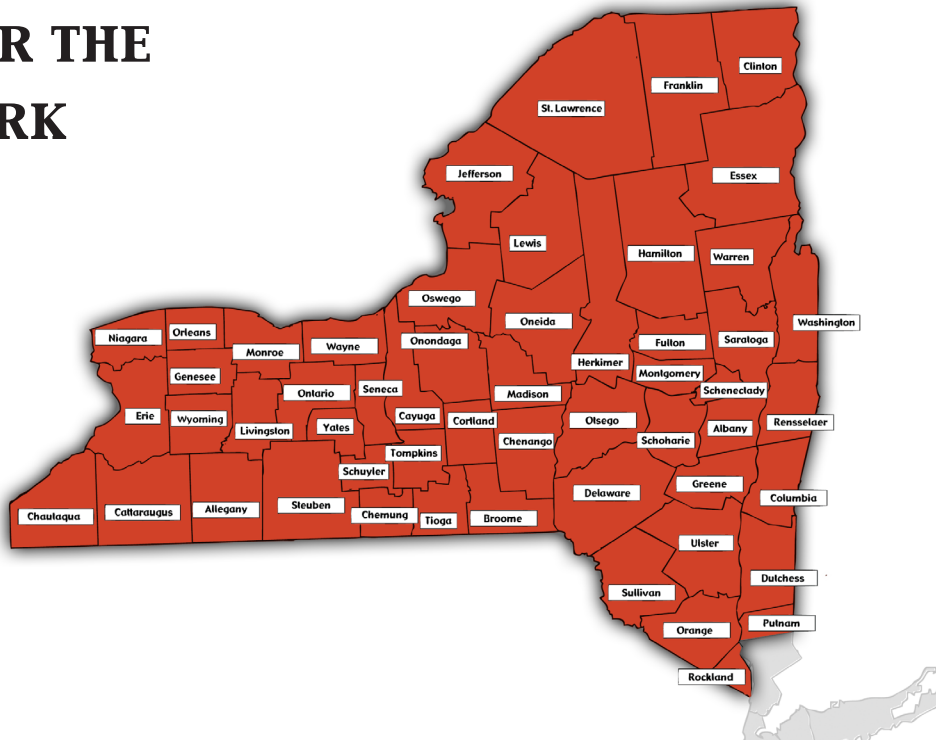
1. Consult your pharmacist or physician before applying or using lice treatment pesticides. Remember, all lice-killing products are pesticides. Manual Removal is the safe alternative and a necessary component to any head lice treatment regimen.
2. Follow package directions carefully. Use the product over the sink, not in the tub or shower. Always keep the eyes covered.
3. Remove all nits. This assures total lice treatment. Separate hair in sections and remove all attached nits with a comb specially designed for this purpose, baby safety scissors, or your fingernails.
4. Wash bedding and recently worn clothing in hot water and dry in a hot dryer. Combs and brushes may be soaked in hot water (not boiling) for 10 minutes.
5. Avoid lice sprays! Vacuuming is the safest and best way to remove lice or fallen hairs with attached nits from upholstered furniture, rugs, stuffed animals and car seats.
6. Never use lice treatment products if the person involved is pregnant, nursing, has allergies, asthma, epilepsy, has pre-existing medical conditions, or has lice or nits in the eyebrows or eyelashes. Never use a pesticide on or near the eyes.

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

SERVICE AREA FOR THE UPSTATE NEW YORK POISON CENTER



UPSTATE
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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....



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