		Upstate New York Poison Center
1-800-222-1222		
<a href="http://www.upstatepoison.org">www.upstatepoison.org</a>		

# Poison Prevention

Newsletter

June 2017

UPSTATE  
MEDICAL UNIVERSITY

750 East Adams Street • Syracuse, NY 13210

**60 YEARS**

## Avoiding Poisons on Vacation

Poisoning continues to be one of the leading causes of injury and death in the United States. Every year, over two million people are unintentionally poisoned, with children under the age of 5 years being the greatest risk for poisoning. Nearly 90 percent of these poisonings occur in the home.

When planning for your summer vacation, think about poison prevention. Whether you are taking a short weekend getaway or a vacation for several weeks, unintentional poison exposures can and do happen.

### A Trip To A Relative Or Friend's Home

Spending time in someone else's home could mean that you are not familiar with the products they use and the places they are stored. They might be using medications that you normally are not exposed to. Especially if you have young children and the people you are visiting do not, you need to take extra care in preventing a poisoning.

- Take the time to familiarize yourself with where medicines, cleaning products and potentially poisonous products are stored

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## Allergy Relief for Your Child

Children are magnets for colds. But when the sniffles and sneezing won't go away for weeks, it may be something else: allergies. Allergies may be seasonal or year-round. Plant pollens are often the cause of seasonal hay fever. Indoors, mold, dust mites, and pet dander may cause the year-round kind. Research indicates that up to 40% of children suffer from allergies. Children are more likely to have allergies if one or both parents have allergies.

### Immune System Reaction

An allergy is the body's response to a substance, or allergen, giving off histamines in the nose, lungs, throat, sinuses, ears, eyes, and skin. In some children, allergies can also trigger symptoms of asthma—that causes wheezing or difficulty breathing.

### Avoiding the Culprit

If your child has seasonal allergies, you may want to pay attention to pollen counts and try to keep your child inside when the levels are high. It may also help to keep windows closed in your house and car and run the air conditioner.

- In the late summer and early fall, during ragweed pollen season, pollen levels are highest in the morning.
- In the spring and summer, during the grass pollen season, pollen levels are highest in the evening.
- Some molds may also be seasonal. For example, leaf mold is more common in the fall.
- Sunny, windy days can be a problem for pollen allergy sufferers.

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# SNADD

## Sharps Needles And Drug Disposal



PROGRAM OF ONONDAGA COUNTY

- Onondaga County's SNADD Program - a safe solution for disposal of household medications
- Police departments are now collecting both over-the-counter and prescription medications at their locations on an on-going basis
- The goal is to reduce the availability of all drugs in the home, especially more dangerous drugs such as pain medications
- The SNADD Program will help reduce the risk of ingestion, exposure, and abuse of drugs in our communities
- The SNADD program also allows for the disposal of hypodermic needles and other sharps used for at-home medical care, not presently accepted at the DEA Take Back events. Sharps are collected in separate kiosks.



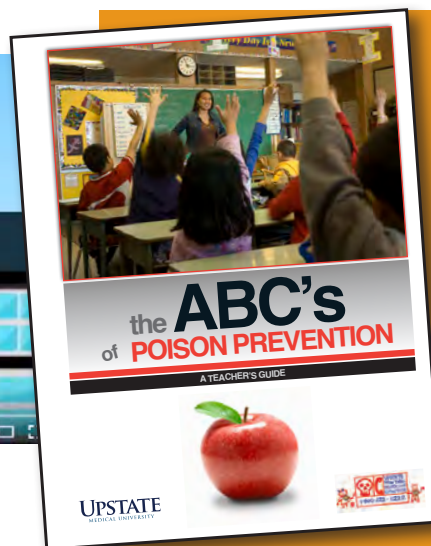
### Participating police departments in Onondaga County include:

- Baldwinsville
- Camillus
- Cicero
- DeWitt
- Geddes
- Jordan (mid-June)
- Manlius
- Marcellus
- Solvay
- Syracuse



### The UNYPC's new video on Safe Drug Disposal

<https://www.youtube.com/watch?v=1RC6YLxgpII>



Don't forget to check out the Poison Center's Teacher's Guide for students to babysitters, complete with poison safety overview, lesson plans, activity sheets, checklists, and more!

## Avoiding Poisons on Vacation

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- Ask permission to use your own safety locks on cabinets during your stay
- Be on the look out for products that “look like” or are similar to other products that if misused unintentionally could result in a poison exposure
- Ask for a safe place to store medications that you brought with you. Never leave them in your luggage or in a place where kids have access to them
- Have the national number for the Poison Center with you, 1-800-222-1222. When dialed your call is routed to the closest Poison Center. If using a cell phone you will reach the Poison Center that services your area code.

### Camping

Often time campers condense their packing to bring only the essentials on their trip. Products not normally stored together now are. Proper planning is important to keep you and other safe when camping.

- Avoid taking products out of their original containers
- Never store fuel sources or pesticides with or near food products
- Take an inventory of your first aid kit and replace old and outdated items
- Keep medicines and healthcare products in separate plastic baggies
- Follow the rules for safe food handling, storage and preparation
- Read the label when using and applying bug repellents and sun screen products
- Don't assume that a plant is non-toxic to humans if you see birds or other animals eating it

- Have the number of the Poison Center with you, 1-800-222-1222

### Traveling to a different state or country

Each area of the world is unique in the foods, plants, and animals that habitat there. If you are traveling to a place you have never visited it is a good idea to become familiar with the natural habitats of your destination spot such as:

- Reptiles such as venomous snakes and lizards
- Arachnids including venomous spiders, scorpions, mites and ticks
- Plants, Mushrooms, and wild fruit
- Hymenoptera as in bees, wasps, flies and ants

Some may be poisonous or could cause an allergic reaction. In calling a Poison Center or traveling to an ED it would be most helpful if you knew the name of the pest.



### Allergy Medicines

For most children, staying away from the source and/or using over the counter (OTC) medicines may help. But if a child's symptoms continue and are not relieved by OTC medicines, it is best to visit a health care professional to see if other treatments, including prescription medicines, may be appropriate. In giving OTC's, always read the label to make sure the product is meant for your child's age. Another reason to read the label is that different products may have the same medicine (active ingredient). Although buying different products to treat different symptoms, the same medicine could be in each of those products. The result: You might accidentally be giving too much of one type of medicine to your child.

### More Child-Friendly Medicines

New laws mean drugs for children must now be in a child-friendly form. So if the drug was initially developed as a capsule, it has to also be made in a form that a child can take, such as a liquid with cherry flavoring, rapidly dissolving tablets, or strips for placing under the tongue.

CDC. (2017, May 26) Allergy Relief for Your Child. Retrieved from <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm273617.htm>



# Program your cell phone

# 1-800-222-1222



**You just may save a life!**

**A Poisoning Can  
Happen to **You!****



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