



# Poison Prevention

Newsletter

June 2018

UPSTATE  
MEDICAL UNIVERSITY

750 East Adams Street • Syracuse, NY 13210

## Summer Safety Starts Now!

### Medicine safety tips for travel with kids

Families are always on the go, especially during the summer with trips to and from camp, relatives' homes, the neighborhood park, and vacation destinations. It's important for parents and caregivers of young children to be vigilant about medicine storage during times of travel, just as you would be in your own home. If you keep medicines in purses or suitcases, be sure you keep them out of reach and out of sight of your children so you do not end up adding a trip to the emergency room. Safe medicine storage habits are just as important when traveling and on-the-go as they are at home.

That's why the **Upstate New York Poison Center** has joined forces with the **Up and Away** campaign this **National Safety Month**—a great time to think about how to pack smart and prepare for your upcoming travel with your child's safety in mind. Here are a few tips from the Poison Center and the Up and Away campaign:

1. **Store all medicines out of reach of children.** While staying with family or friends or at a hotel, find a storage place that is up and away, out of sight and reach of all young



children, like a high cabinet. If you're in a hotel room, try the passcode-protected room safe for safe storage.

2. **Keep medicines in their original child-resistant containers.** It may be tempting to transfer medicines to smaller containers for travel, but it's important to leave all medicines in their original packaging. Other containers, such as pill organizers and baggies, often lack the child safety features designed to prevent access by young children.
3. **Ask the host where you can safely store medicines** when you are a guest in their home. Any medicine can be

dangerous if not taken as directed by the label—even over-the-counter medicines. If you know where to keep your medicines while visiting, you can help make sure they're out of sight and reach of children.

4. **Save the Poison Control Center number (800-222-1222)** in your cell phone so you'll have it in case of an emergency while on the road. Each poison control center is staffed with doctors, pharmacists, and toxicologists that can answer your questions 24/7. Make sure you have this number handy!

Check out the **Up and Away travel tip sheet**, and learn more about safe medicine storage at [UpandAway.org](http://UpandAway.org).

#### Upstate Medical University

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## E. coli is Back in the News

Recently we have heard more about E.coli outbreaks in the nation. This time, the outbreak was tracked to romaine lettuce produced in one farm in Arizona. Sounds easy enough until you realize the amount of lettuce and the number of states to which this vegetable has been sent. As a result the CDC has warned the public NOT to eat any romaine lettuce unless you are sure it was not grown in Arizona. Here is some information you need to know about E.coli.

No vaccine or medication can protect you from E. coli-based illness, though researchers are investigating potential vaccines. To reduce your chance of being exposed to E. coli, avoid risky foods and watch out for cross-contamination.

### Risky foods

- **Cook hamburgers until they're 160°F.** Hamburgers should be well-done, with no pink showing anywhere in the meat. But color isn't a reliable indicator of whether or not meat is done cooking. Meat — especially if grilled — can brown before it's completely cooked. That's why it's important to use a meat thermometer to ensure that meat is heated to at least 160°F (71°C) at its thickest point.
- **Drink pasteurized milk, juice and cider.** Any boxed or bottled juice kept at room temperature is likely to be pasteurized, even if the label doesn't say so.
- **Wash raw produce thoroughly.** Washing produce won't necessarily get rid of all E. coli — especially in leafy greens, which provide many spots for the bacteria to attach themselves to. Careful rinsing can remove dirt and reduce the amount of bacteria that may be clinging to the produce.

### Avoid cross-contamination

- **Wash utensils.** Use hot soapy water on knives, countertops and cutting boards before and after they come into contact with fresh produce or raw meat.

- **Keep raw foods separate.** This includes using separate cutting boards for raw meat and foods, such as vegetables and fruits. Never put cooked hamburgers on the same plate you used for raw patties.
- **Wash your hands.** Wash your hands after preparing or eating food, using the toilet, or changing diapers. Make sure that children also wash their hands before eating, after using the bathroom and after contact with animals.

### Symptoms

Signs and symptoms of E. coli O157:H7 infection typically begin three or four days after exposure to the bacteria, though you may become ill as soon as one day after to more than a week later. Signs and symptoms include:

- Diarrhea, which may range from mild and watery to severe and bloody
- Abdominal cramping, pain or tenderness
- Nausea and vomiting, in some people



# POISON PURSE

BE WARY OF THE DANGER YOU MAY CARRY

## Hairspray or similar product:

May irritate eyes if aimed improperly

## Perfume/cologne:

Contains alcohol so possibly feel drunk with large amounts swallowed; may irritate eyes if aimed improperly

## Nail polish remover:

May irritate eyes, skin and mouth, & stomach upset if swallowed

## Prescription medicines:

May cause a wide variety of minor to serious problems, depending on product

## Nose spray:

May cause extreme drowsiness or agitation if swallowed

## Nail polish:

May irritate eyes, skin and mouth, & upset stomach if swallowed

## Over-the-counter cold medicine:

May cause agitation, jitters, drowsiness

## Mouthwash:

Often contains alcohol so possibly feel drunk with large amounts swallowed



## Hand sanitizer

Contains alcohol so possibly feel drunk with large amounts; may irritate eyes, skin and mouth

## Toothpaste:

May cause stomach upset if swallowed

## Baby powder:

May cause eye and throat irritation; if inhaled could cause serious breathing problems

## Pepper spray:

May irritate eyes, skin & cause breathing problems

## Insect repellent:

May irritate eyes and mouth; possible seizures if swallowed

## Batteries:

May cause severe irritation or burns if chewed; also a choking hazard

## Eye drops:

May cause a variety of mild to serious symptoms if swallowed

## Hand cream:

May cause stomach upset and diarrhea if large amounts swallowed

## "Chocolate" laxatives:

May cause severe diarrhea

## Cigarettes:

May cause severe stomach upset and vomiting if swallowed

## Ink pen:

May cause eye and mouth irritation

POISON  
**Help**  
1-800-222-1222

# Know Your Risk for Lyme Disease

According to the CDC, many factors help determine the number of ticks such as temperature, rainfall, humidity, and the amount of available hosts for ticks to feed on, such as mice, deer and other animals. In any given year, the number of ticks in an area will be different from region to region, state to state, and even county to county. Regardless of the number of ticks this year, people should be aware that ticks could be in the areas where they live, work and play. Everyone should take steps to help protect themselves and their loved ones, including **pets**. While not all ticks carry the same diseases, ticks can be found in every state. Throughout the continental United States, **some diseases occur more frequently in some areas than others:**

- **Lyme disease risk** - Nearly 95 percent of Lyme disease cases occur in 14 states: Connecticut, Delaware, Maine, Maryland, Massachusetts, Minnesota, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, Virginia, and Wisconsin, but infected ticks can also be found in neighboring states and in some areas of Northern California, Oregon and Washington.

## Take steps to protect against ticks

**Taking steps to protect yourself and your family from getting a tick bite** is the best defense against Lyme disease and other tickborne infections. The CDC recommends that people:

- Avoid areas with high grass and leaf litter and walk in the center of trails when hiking.
- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks and tents or look for clothing pre-treated with permethrin.



- Treat dogs for ticks. Dogs are very susceptible to tick bites and to some tickborne diseases. They may also bring ticks into your home. Talk to your veterinarian about the best tick prevention products for your dog.
- Bathe or shower as soon as possible after coming indoors to wash off and more easily find crawling ticks before they bite you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon returning from tick-infested areas. Parents should help children check thoroughly for ticks. Remove any ticks right away.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.



## DID YOU KNOW.....

Grapefruit juice can interact with some drugs. Such medications include antihistamines, blood pressure drugs, thyroid replacement drugs, birth control, stomach acid-blocking drugs, and the cough suppressant dextromethorphan. It's best to avoid or significantly reduce intake of grapefruit juice when taking these medications. Avoid grapefruit juice if you are taking statins for blood pressure.



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