

PoisonSmarts



Rocky Mountain Poison Center's quarterly prevention tips
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National Poison Prevention Week

March 15 – 21, 2009

What is National Poison Prevention Week? In September 1961 President John F. Kennedy designated the third week of March as National Poison Prevention Week (NPPW). Sixty-one certified United States Poison Centers and other health and safety organizations around our great nation coordinate activities to increase awareness of the dangers of unintentional poisonings and teach about poison prevention.

Each year over one million poisonings involving small children are reported to U.S. Poison Centers. Approximately fifty percent of all poison exposures involve children ages five and under. Fortunately, most of these exposures result in no or minor effects.

Alarming, poisoning deaths in older children and adults are on the rise due to the abuse of prescription pain medicine. In 2004, poisoning became the second leading cause of death from unintentional injury in the United States. According to the 2007 National Survey on Drug Use and Health, 5.2 million people age twelve and older in the U.S. abused prescription pain medicine in the past month. One third of all new abusers of prescription drugs in 2006 were twelve to seventeen years of age.

The Rocky Mountain Poison Center (RMPC) invites you to take action to prevent poisonings in your home and community during this 47th Annual National Poison Prevention Week.

Action Steps for parents, grandparents and caregivers of young children include:



Use the Home Checklist on other side to make your home poison safe.



Visit www.rmpdc.org; Click on Poison Prevention Tips to download poison prevention materials. Share these with family, friends, and community organizations.



Post the PoisonHelp number **1-800-222-1222** near your phone. Call RMPC to obtain phone stickers and refrigerator magnets.

Action Steps to decrease medicine related poisonings include:



Discard unused prescription medicines. Call RMPC at **1-800-222-1222** for directions.

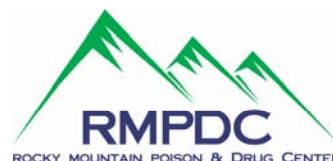


Learn the signs and symptoms of medicine abuse and watch for them.



Consult your physician for advice if you suspect medicine abuse in a family member.

Did you know that you can call **1-800-222-1222** 24 hours a day, 7 days a week from anywhere in the U.S. to reach your nearest poison center?









Be Smart, Keep Kids and Poisons Apart

Poison Prevention

Do you know the score?

Home Checklist

Give yourself one point for each preventive step you do now.

Kitchen 	No household products under the sink
	No medicines on the countertops
	All cleaners out of reach
	No medicines on the window sill
Bathroom 	Medicine chest cleaned monthly
	Old medicines thrown out safely
	All medicines in containers with safety caps
	Always read the label
	Always turn on a light when taking medicine at night
Never call medicine "candy" for children	
Bedroom 	No medicines left within reach on dresser, chest, or bedside table
	All perfumes and cosmetics are out of reach
	No flaking paint chips on crib, playpen or window sills
Laundry 	Soaps and detergents up high
	All cleaners in locked cabinets
	Furniture and metal polish out of reach
	Drain cleaners are in safety closure containers and locked up
Garage 	Bug spray and weed killers up high
	No gasoline left in a pop bottle or cup
	Turpentine and paint thinner are in original containers and up high
Total Score 	19-20 Excellent
	16-18 Good, but keep trying
	10-15 Room for improvement
	6-9 Danger area with need for improved safety measures
	0-5 Asking for trouble with small children in the home