

PoisonSmarts



Rocky Mountain Poison Center's quarterly prevention tips
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The Rocky Mountain Poison Center's (RMPC) Public Education Department is pleased to bring you the first issue of "Poison Smarts". Each issue will focus on seasonal poison prevention tips that will help keep you and your loved ones safe from poison injury.

National Poison Prevention Week March 16 – 22, 2008

The Rocky Mountain Poison Center invites you to take action to poison proof your home during the 46th Annual National Poison Prevention Week. U.S. poison centers reported more than 2.4 million poison cases in 2006. Rocky Mountain Poison Center assisted 129,705 callers with poisonings during the same year. Animal poisonings numbered 16, 435 while the remaining 113,270 were human poisonings. Of that number 54,161 poison exposures or 48% involved children ages 5 and under. Exposures to poison can be prevented. The following tips will keep you and your family poison safe.

- Keep household products and medicines locked up, out of sight and out of reach of young children.
- Keep items in their original containers.
- Read labels before product use; follow the directions on the label.
- Turn the light on when giving or taking medicine. Check the label and dose each time.
- Never call medicine candy.
- Avoid taking medicine in front of children; they love to imitate us.
- Do not keep medicine in purses, backpacks or diaper bags.
- Use child-resistant packaging properly by closing the container securely after each use.
- Child-resistant lids are not child proof; it takes longer for a child to open them.
- If interrupted while taking or giving medicine or using household substances, for example, a phone call or ringing doorbell, take the substance or child with you to prevent a poisoning.
- Offer houseguests a child safe area for their medicine.
- When traveling with children, check your surroundings carefully to remove harmful medicines or products.
- If a poisoning occurs, call **1-800-222-1222** immediately anytime 24/7 for free and confidential help.

For additional poison prevention tips go to www.rmpdc.org ; Click on Poison Prevention Tips. To obtain PoisonHelp guides, magnets or stickers, call 1-800-222-1222; choose option 4. Questions? Contact Mary Hilko at 303-739-1247 or mary.hilko@rmpdc.org.

