



# POISON ANTIDOTE



## Utah Poison Control Center

30 South 2000 East  
Salt Lake City, Utah 84112  
1-800-222-1222



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## Back-to-School Poison Danger

When school is in session, children may be at risk for poisoning in an unsuspected way. Backpacks and lunch boxes may be loaded with more than just pencils, paper and food. Children may be toting their medications along with school supplies. Whether medication is a prescribed drug or an over-the-counter medicine, this can be a poison danger not only for the child bringing them, but for schoolmates as well. Children should not be expected to manage medication on their own. Pills can easily be mistaken for candy, and liquid medicine can also pose a problem with its close resemblance to sports drinks, soda and juice. Even inhalers used for asthma can be a problem if used improperly or by a classmate. Over half of all calls to the Utah Poison Control Center (UPCC) involve medication. To help keep children safe from these poisonings the UPCC recommends the following guidelines:



- Be familiar with the school's medication policy. Most districts require all medications be distributed by authorized personnel such as the school nurse.
- Avoid sending medication in backpacks or lunch boxes. Work with the school nurse or other authorized school official to make a plan for your child's medicine schedule
- Speak with your child's teacher or school nurse about medications your child will be taking. Provide them with information about possible side effects and include the poison control phone number **1-800-222-1222**
- Keep medication in its original container and avoid mixing medicine into one container or plastic bag
- Talk with your child about the importance of over-the-counter and prescription medications and explain how a medicine that can help one child may make another child very sick



## Holiday Hazards

Much time and effort is spent on making the holiday's enjoyable and memorable. However, there are numerous poison dangers that could mar holiday celebrations. The following tips can help keep your holidays free from poisoning.

### Halloween

- Lamp oil is festive and attractive but a potentially deadly product if swallowed. Consider using battery operated candles
- Dry ice is commonly used to set an eerie atmosphere, but avoid putting it in individual glasses and keep out of the reach of children to avoid burns on the skin
- Throw out Halloween candy that is not in original wrappers



### Thanksgiving

- To avoid food poisoning: thaw turkey in the refrigerator, wash work area and utensils after each use to prevent cross-contamination, cook poultry to 165° F, refrigerate leftover food within 2 hours
- When visiting other home's make sure there are no medicines, cleaners or other poison dangers out where children can reach them
- Medicines and other potentially poisonous items are often found in bags and purses. Provide a secure location where visitors can store these items



### Christmas

- Be aware that toys may come with small parts including button batteries and magnets which can be very harmful if swallowed – for more information check here: <http://thebatterycontrolled.com>
- Ornaments and decorations can be a choking hazard. Keep them out of the reach of small children
- Common poisonous holiday plants include mistletoe and holly berries. Contrary to common belief, poinsettias are NOT poisonous



### New Years

- Keep alcoholic drinks out of the reach of children. Clean up all glasses and cups after parties. Even a small amount of alcohol can cause a serious poisoning



If someone is poisoned call Utah Poison Control Center right away for free, expert, and confidential help at **1-800-222-1222**.