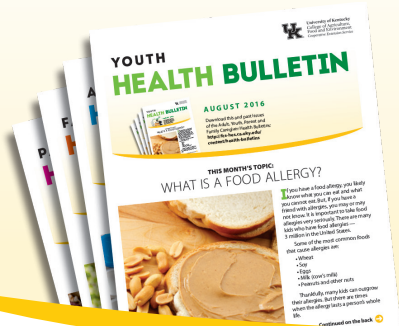


YOUTH HEALTH BULLETIN



MARCH 2020

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THIS MONTH'S TOPIC: POISON PATROL



Poison is any substance that will cause harm to a human or even an animal if used incorrectly. It is important to know that poisons can come in many forms: some are solid and others are liquid. There are many poisons found inside and outside so you need to be on poison patrol to stay safe!

How is someone poisoned?

You may become poisoned if you eat, drink, touch, or smell something harmful. Different poisons can cause sickness or even serious, lasting injuries. For example, some plants or household cleaners make you sick if you eat or drink them.

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You should never eat any leaves, berries, flowers, or mushrooms without an adult checking them first.

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How do I know something is poison?

Stop and ask first! Something you don't recognize could be poisonous. Before we smell it or touch it or pick it up, walk over to a grown-up to make sure it's OK.

What type of things can be poison?

- **Medication.** Medicine helps us to get well when we are sick, if it's taken properly. All medicines have directions and warnings on their labels, and those directions must be followed carefully. But if you don't take them the right way, they can make you sick. An adult such as a mom, dad, grandparent, or any adult who you trust should always give you medicines. That's because taking too much, taking it the wrong way, or taking someone else's medicine can make you sick.
- **Cleaners.** When doing chores, you might use household cleaners. Sometimes different cleaners are the same color as sports drinks or juices. However, many of these household cleaners are poisonous if you eat or breathe them and can also cause reactions when splashed on the skin or in the eyes.



- **Plants.** Plants, flowers, berries, and mushrooms are often beautiful to look at but many are poisonous. In some cases, only part of a plant or flower is poisonous. But there are many plants that are safe to eat! Just in case, you should never eat any leaves, berries, flowers, or mushrooms without an adult checking them first.

What do I do if I think someone has been poisoned?

If you think you or someone you are with has been poisoned tell an adult right away! An adult will call the Poison Control Center. If there is not an adult around, you can call the Poison Control Center. **The number is 1-800-222-1222.**

When on poison patrol, it is important to be able to find the Poison Control Center phone number. It is important to post the number near the telephone in your home or program it into your mobile phone.



REFERENCES:

- <https://aapcc.org/centers>
- <https://kypoisoncontrol.com>
- <https://kypoisoncontrol.com/poison-prevention/parents>
- <https://poisonhelp.hrsa.gov/what-you-can-do/poison-prevention-week>

YOUTH
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