Poison Prevention Training Program

Minnesota Poison Control System
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Preface

Welcome to the Minnesota Poison Control System's Poison Prevention Training Program.

By completing this course you will become a Poison Prevention Educator for the Minnesota Poison Control System. We hope that after completing this program you will be well equipped to teach others about poisonings and what to do in a poisoning emergency. Anyone living and/or working in Minnesota, North Dakota, or South Dakota is welcome to complete the course and utilize the online poison prevention Resource Center. If you do not live/work in Minnesota or either of the Dakotas, please contact your local Poison Center for available trainings and resources.

If you have any questions please contact the Minnesota Poison Control System Education Department at PoisonHelp@hcmed.org.

We appreciate your time and commitment to this program!

Disclaimer

The information contained in this training is designed to be informational and educational. Under no circumstances is this training to replace the expert advice of a qualified health care professional. In the event of a poison emergency, contact the Minnesota Poison Control System immediately. The Minnesota Poison Control System, its employees, and affiliates assume no responsibility in the usage of the information provided in this training.

Introduction

By completing this course you will become a Poison Prevention Educator for the Minnesota Poison Control System. We hope that after completing this program you will be well equipped to teach others about poisonings and what to do in a poisoning emergency.

The course consist of five lessons:

1. About U.S. Poison Centers and the Minnesota Poison Control System
2. Understanding the poisoning problem
3. Common poisons and prevention
4. What to do in case of a poisoning
5. Sharing poison prevention information with your community

Time Commitment:

- The course is designed for you to complete at your own pace
- There will be a pretest and posttest, as well as quizzes after each section.
- You must score 80% on the post-test
- Lessons must be completed in the order they are presented
- After completion you will receive a Certificate of Completion and access to poison prevention materials and resources

The Poison Prevention Training Program (PPTP) was designed to increase the number of Minnesotans, North Dakotans, and South Dakotans reached with poison prevention education. Healthcare professionals and community members interested in the safety and welfare of their communities are highly encouraged to take this course. Upon completion of the training, individuals will be equipped with the knowledge and resources needed to plan and implement poison prevention activities for people of all age groups to their community.

The PPTP is built on a foundation of epidemiological data; health behavior and health education theory; and adult and childhood education theory. Experts in the field of toxicology, injury prevention and education assisted with the development. The PPTP is designed to encourage the adoption of long-term behavior change, maintenance of a safe and healthy environment and to teach Minnesotans, North Dakotans, and South Dakotans to identify poisons, prevent poisonings, and respond appropriately in poison emergencies.
The Poison Center's education department believes that our collaborative efforts will encourage people to adopt safe and healthy poison prevention habits.

The Goal of the Poison Prevention Training Program is to:
Prepare healthcare professionals and community members to promote poison prevention activities (health fairs, presentations, etc.) and provide poison prevention trainings in their communities in an effort to increase the number of Minnesotans who have the knowledge and skills to prevent and manage poisonings.

Lesson 1: About U.S. Poison Centers and the Minnesota Poison Control System

Objective: To learn about the history and role of U.S. Poison Centers and specifics about the Minnesota Poison Control System.

Section 1: History of Poison Centers
Section 2: American Association of Poison Control Centers (AAPCC)
Section 3: The Poison Help Line
Section 4: The Minnesota Poison Control System

Section 1: History of Poison Centers

Poison Centers are the front-line responders to poison emergencies and are the leaders in poison prevention activities. They provide cost-effective poison emergency treatment advice. The first Poison Center was established in Illinois more than 40 years ago. Most early Poison Centers were based in emergency departments or hospital pharmacies, staffed by nurses, doctors, or pharmacists with limited toxicology training and few information resources. Most people assumed that Poison Centers would serve the toxicological needs of physicians; however, practitioners quickly realized that the public could benefit from the centers for guidance. The information previously used by Poison Centers to provide treatment advice in poison emergencies came from index cards that were produced by the National Clearinghouse for Poison Control Centers (NCPCC).

During the 1970s and 1980s a move was made to consolidate and regionalize Poison Centers. An effort to improve the quality of poison emergency services led to the development of national standards for Poison Centers and a certification process that assured compliance to these standards. The American Association of Poison Control Centers (AAPCC) became the governing body of Poison Centers. The NCPCC was dissolved and the AAPCC became the centralized data base for Poison Centers across the country. Since 1983, the AAPCC has been compiling the Toxic Exposure Surveillance System (TESS) data in cooperation with the majority of US Poison Centers. TESS is the single largest database of poisonings in the United States. The data is used to quickly identify hazards, improve prevention efforts, and guide clinical research and direct training.

Poison Centers provide free, timely diagnosis and treatment advice to callers, such as parents, child care providers, pharmacists, nurses, and doctors. Because patients can seek early and free assistance, Poison Centers can reduce the severity of poisonings, as well as the number of ineffective and potentially dangerous remedies. More than 80% of the poisonings handled by Poison Centers are managed safely at home through telephone consultation with highly trained staff. These consultations eliminate unnecessary laboratory tests, ambulance transports, and visits to emergency rooms and physician offices.

Section 2: American Association of Poison Control Centers (AAPCC)

The American Association of Poison Control Centers supports the nation's 55 Poison Centers in their efforts to prevent and treat poison exposures. Poison Centers offer free medical advice 24 hours a day, seven days a week through the Poison Help line at 1-800-222-1222. This service provides a primary resource for poisoning information and helps reduce costly emergency department visits through in-home treatment.

The AAPCC's mission is to actively advance the health care role and public health mission of our members through information, advocacy, education and research.

AAPCC at a glance:

- Communications/Public Education
- Advocacy and Government Affairs
- Professional Development
- Data Services

The AAPCC developed national standards for Poison Centers and a certification process that assures compliance to the standards. These standards include:

- 24-hour-a-day services
- Extensive on-site resources
- Medical toxicologist back-up
- Public education programs
- Professional education programs
- Surveillance efforts

Section 3: The Poison Help Line

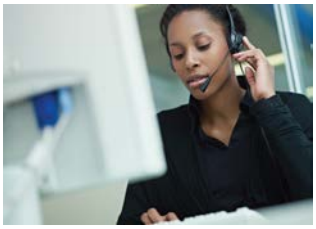
In February 2000, President Clinton signed the Poison Control Center Enhancement and Awareness Act (PL 106-174) to ensure every U.S. resident has access to a certified regional Poison Center. Funding was provided to create a single toll-free number to be shared by Poison Centers across the country.

In January 2002, the Minnesota Poison Control System joined Poison Centers across the country and the AAPCC to introduce a new, poison emergency national toll-free hotline. The number allows callers to get free advice from a poison expert 24-hours a day, seven days a week, and 365 days a year anywhere in the country. Funding for the national number is provided by The Center for Injury Control and Prevention of the U.S. Centers for Disease Control and Prevention and the Maternal Child Health Bureau of the Health Resources and Services Administration (HRSA).

POISON Help
1-800-222-1222

The toll-free Poison Help line, 1-800-222-1222, connects you to your local Poison Center.
You will speak with a professional trained nurse, pharmacist, or doctor in a poisoning emergency.

- You can call from anywhere in the United States
- The call is free of charge
- Translation is available in 161 languages
- Most people do not have to go to a doctor or hospital. People usually get the help they need over the phone.
- You can also learn about your risks before an emergency.



Section 4: The Minnesota Poison Control System

Since 1972, the Minnesota Poison Control System has operated the 24-hour poison emergency treatment information service, providing assistance and expertise in the medical diagnosis and management of human poisonings.

A leader in poison prevention activities, the Poison Center is one of the 55 centers nationwide. The center is the only one in Minnesota and is certified and accredited as a Regional Poison Center by the American Association of Poison Control Centers (AAPCC).

The Center provides free, timely advice and information to anyone including parents, child care providers, pharmacists, nurses, and doctors and plays a significant role in reducing the cost of treatment and the severity of poisonings where time is of the essence. The Center is also a training site for healthcare professionals and serves the state by coordinating outreach and education programs to increase awareness of poison prevention and first-aid.

The Poison Center is housed at Hennepin County Medical Center and is staffed with a dedicated group of highly trained professionals including physicians, toxicologists, registered nurses, registered pharmacists, and health educators. The Minnesota Poison Control System has evolved into one of the busiest and most up-to-date front-line response toxicology information centers in the country, receiving over 60,000 calls into its emergency phone service lines last year.

POISON Help
1-800-222-1222
Minnesota Poison Control System

Mission

Our mission is to prevent poisonings and to minimize adverse effects of exposures to drugs, chemicals, natural toxins, and other poisons. The Minnesota Poison Control System is a comprehensive poison control center with a mission to provide full range of services including patient care, education, and research.

Each year the Poison Center provides services to thousands of Minnesotans, North Dakotans, and South Dakotans. These services include:

- **Poison emergency telephone service**
- **Public education**
- **Professional education**
- **Research and data collection**

The Poison Center receives a variety of poisoning-related calls which include:

- Ingestions of poisonous substances
- Drug overdoses
- Chemical exposures at work
- Plant poisonings
- Food poisonings
- Animal, snake and spider bites

When a call is received, the Specialist in Poison Information (SPI) gathers information from the caller about the poisoning and the victim assesses the severity of the exposure and provides treatment recommendations. If necessary, the patient will be referred to a health care facility. Each case is monitored through a system of follow-up calls to assess the patient's progress and to provide additional treatment recommendations if necessary. SPIs also provide poison prevention information to reduce the likelihood of future exposures. All collected data complies with HIPAA laws.

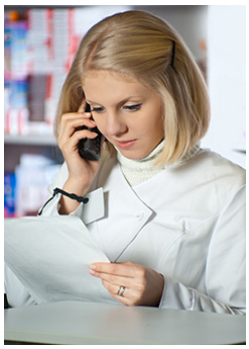
When you call the Poison Center in a poisoning emergency, you will be asked to give:

- Your phone number and zip code
- The victim's name, age and weight

- The name of the substance or poison
- The amount of the substance or poison
- The time the poisoning took place
- Any symptoms the victim has
- Any current health problems the victim has
- Any medicines the victim is taking
- If possible, take the poison or the container to the phone with you. You may be asked to describe the poison or give information from any labels on the container.

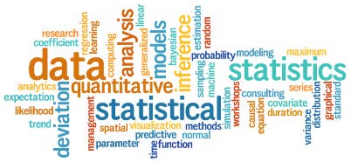
Professional Education

The Minnesota Poison Control System provides toxicology training to health care professionals via on-site training programs and statewide outreach/collaboration. On site, we educate students and residents in multiple specialties including Emergency Medicine, Internal Medicine, Family Medicine, Occupational Medicine, Pediatrics, and Pharmacy. The Toxicology Fellowship Program is an accredited two-year program for physicians preparing them to become board certified in Medical Toxicology.



In addition to the formal academic education programs, the Poison Center provides a variety of outreach education programs including lectures and in-service presentations to medical providers, nurses, and Emergency Medical Services (EMS) personnel. Various fact sheets and videos are available to enable sharing more broadly with health care providers throughout our region.

Research and Data Collection: The Minnesota Poison Control System is involved in a number of research projects involving the epidemiology, diagnosis, management, and prevention of poisonings. The Poison Center manages calls by utilizing state of the art computer technology. Each call received by the Center is documented in a medical record. All data is stored electronically in a special computer program written for the Poison Center. The electronic records are then translated into the information required for submission to the AAPCC's Toxic Exposure Surveillance System, (the single largest database of poisonings in the United States). This data is used to analyze and monitor trends and facilitate the development of prevention and awareness strategies.

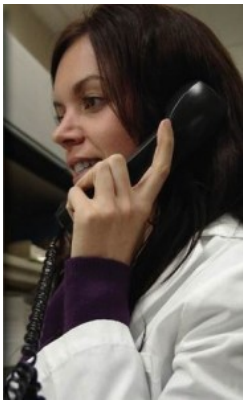


Public Education: The Education Department works diligently to develop and implement innovative strategies to prevent poisonings and raise awareness of the Poison Center and its services. These programs and strategies include:

- Online Poison Prevention Training Program
- Educational outreach & materials distribution
- National Poison Prevention Week (NPPW) activities
- Social media outreach
- Audience tailored presentations

Poison Emergency Telephone Service: The Poison Center operates the 24-hour emergency telephone information service providing safe and effective poisoning treatment advice for human poisonings. In addition, most questions about the safe use, storage, and disposal of potentially dangerous substances can be answered. The emergency telephone information service is accessible throughout Minnesota, North Dakota, and South Dakota, 24-hours a day, 7 days a week, 365 days a year, through the national toll-free number and a local area number. The Center provides a TTY relay service for the deaf and hearing impaired and has access to translators for more than 160 languages through the AT&T Language Line®.

The 24-hour phone lines are answered by highly trained pharmacists who are Specialists in Poison Information (SPIs). Most of the SPIs have continued their studies and completed the AAPCC certification exam to become Certified Specialists in Poison Information (CSPIs). Furthermore, board certified medical toxicologists are on call 24-hours a day for additional back-up. To assist with the provision of treatment advice, the Poison Center's specialists have access to comprehensive, up-to-date computerized toxicology information resources including: POISONDEX®. In addition, the Center houses an extensive library of medical toxicology books and research literature.



Lesson 2: Understanding the Poisoning Problem

Objective: To provide current poisoning facts and statistics and give a better understanding of the poisoning problem.

Section 1: Poison Defined
Section 2: Poisoning Statistics
Section 3: Victims of Poisonings
Section 4: Poisoning Risk Factors
Section 5: Child Resistant Packaging

Section 1: Poison Defined

A poison is any substance which may cause harm or death if it gets into your body.

A poison can enter the body by:

- Ingestion (being swallowed) – most common route of exposure
- Ocular exposure (splashed in the eye)
- Dermal exposure (splashed on the skin)
- Inhalation (breathed in)
- Bites or stings of an animal or insect

A poison can be found all around us in different forms:

- Solids (medicine - ex: pills and tablets; plants; powders; pesticides; fertilizers; lead)
- Liquids (perfumes; cleaning supplies; auto products; medicine – ex: cough syrups)
- Sprays (insecticides; spray paint; cleaning products)
- Gases/Vapors (carbon monoxide; air pollution; inhalants; cleaning products)

Most common substances involved in potential poisonings:

- Analgesics (all types of pain relievers: over-the-counter, prescription, herbal, etc.)
- Cleaning Substances (Household)
- Cosmetics/Personal Care Products
- Sedative/Hypnotics/Antipsychotics

Other harmful substances involved in potential poisonings:

- Bites and Envenomations
- Antihistamines
- Cardiovascular Drugs
- Antidepressants
- Pesticides
- Dietary supplements/herbals
- Street drugs
- Plants
- Automotive products (antifreeze, windshield wiper fluid)
- Batteries
- Alcohols
- Carbon monoxide
- Topical preparations

Section 2: Poisoning Statistics

- Drug poisoning is now the leading cause of injury death in the U.S. and has increased by more than 300 percent over the last three decades. Almost 90 percent of poisoning deaths can be attributed to illicit and licit drugs, with prescription drugs accounting for the majority of the drug overdose deaths.
- Among people ages 25-64, unintentional poisoning causes more deaths than motor vehicle crashes. Unintentional poisonings contribute to over one million emergency department visits per year. More than 60,000 young children are seen in emergency departments each year because they got into medication when adult supervision was lacking.
- According to the American Association of Poison Control Centers' National Poison Data System, the 55 Poison Centers take an average of more than 7,600 calls per day. Since 2000, poison exposures with serious outcomes have increased 4.6 percent per year. Over three-quarters of poisonings are unintentional.
- Last year, the Minnesota Poison Control System handled more than 60,000 human exposure and information calls.

IMPORTANT: Many poisonings go unreported to Poison Centers. Instead of calling Poison Centers, victims seek help at emergency departments and physician offices or remain at home without care. As a result, the number of poisonings reported to the AAPCC and Poison Centers throughout the nation is not a complete picture of the poisoning problem.

- It has been estimated that each year, over $200 billion in healthcare spending in the United States is due to improper and unnecessary use of medicines.

Section 3: Victims of Poisoning

- For the Minnesota Poison Control System and nationally, almost half of reported poisonings involve children under the age of six years.
- Few people realize that adults get poisoned, too. Last year, over 40% of the calls the Poison Center received involved adults over 19 years old and over 90% of the human fatalities reported to the AAPCC occurred in this age group. **Adult poisonings result in more deaths and serious injuries than any other age group.**
- Pets get poisoned, too. Like children, dogs and cats are curious; they have the natural instinct to lick and chew. The Minnesota Poison Control System refers these calls to animal poisoning experts such as the ASPCA's Poison Control Line and the Pet Poison Help Line (please note there may be a fee associated with calling these other numbers).

Section 4: Poisoning Risk Factors

There are several risk factors associated with unintentional poisoning.

These factors include:

- Lack of supervision - Children left alone, even for a few moments, are at greatest risk of poisoning.
- Improper storage - Potential poisons that are left within the reach of children increase their risk of poisoning. Be aware that household products and medicines that are stored in child-resistant packaging are not child proof! Children may be able to open these containers.

- Children's curious nature - Children are curious and they like to explore. Sometimes they taste and inhale unsafe products or even get unsafe products on their skin or in their eyes.
- Children's desire to mimic adult behavior - Children often mimic the behavior of adults. For example, children might take a medicine because they saw an adult take it.
- Failing to read and follow directions - Failure to read and follow directions on product labels is a common reason adults get poisoned.

Section 5: Child-Resistant Packaging

The Consumer Product Safety Commission (CPSC) enforced the Poison Prevention Packaging Act of 1970 (15 U.S.C. §§ 1471-1476). The Act requires child-resistant packaging for various drugs and household products. Child-resistant packaging is designed to be significantly difficult for children under the age of five to open.

Child-resistant packaging does not mean the packaging is child proof. Some children can open child-resistant containers. Since the regulations have been in effect, there have been remarkable declines in reported deaths from childhood poisonings. The CPSC estimates that child-resistant packaging for aspirin and oral prescription medicine saved the lives of about 700 children since the requirements went into effect in the early 1970s.

The CPSC revised its child-resistant packaging regulations in 1996 to ensure the packaging is both child-resistant and "adult-friendly." Child-resistant packaging were tested on children under the age of five and on adults ages 50-70. A variety of adult-friendly child-resistant packaging styles are now being used.

A list of substances that require special packaging can be found in the Resource Center.

Lesson 3: Common Poisons

Objective: To learn basic facts about potential poisons and poison prevention tips.

Section 1: Medicines
Section 2: Household Products
Section 3: Plants
Section 4: Carbon Monoxide
Section 5: Food Poisoning
Section 6: Lead Poisoning
Section 7: Bites and Stings

Section 1: Medicines

More than 60% of the poisonings reported to the Poison Center last year involved medicines, both prescription and over-the-counter (OTC). Medicine can be dangerous if used incorrectly or if the wrong amount is taken.

Most Common Medication Poisonings Reported to the Poison Center

- Analgesics
- Sedative/Hypnotics/Antipsychotics
- Antimicrobials
- Cardiovascular Drugs
- Unknown Drug
- Antidepressants
- Antihistamines
- Cold & Cough Preparations
- Muscle Relaxants
- Gastrointestinal Preparations

A common cause of medication poisoning occur from dosing errors:

- Taking too much
- Taking within close time frame
- Taking wrong medicine or administering medicine the wrong way
    - Ex: ear drops being placed in the eyes
- Drug interactions - can occur when medication interacts with a certain food, herbal product, alcohol, or another medication
    - Taking some OTC medications with prescription medications can cause serious problems
    - Taking some medications with certain foods can lessen the effect of the medication.
- Adverse reaction – can occur if expired medications are used.

Tips to Prevent Medication Poisoning:

- Store medicine and vitamins in locked cabinets out of the reach of children
- Keep medicine and vitamins in the original container
- Use child resistant packaging and replace caps tightly
- Throw out expired or leftover medicines and those with missing labels
- Always read labels before taking or giving medicine; check the name, expiration date, and directions
- Ask the doctor or pharmacist about any food or drinks that might react with the medicine
- Tell the doctor about any medications including vitamins that you are taking
- Never take medicine that belongs to someone else, even if you have the same symptoms
- After each dose, record the time, date and name of drug that was taken or given
- If you forget to take or give medicine at the correct time, do not double dose without checking with your doctor first
- Do not take or give medicine in the dark, without your glasses on, or while you are sleepy
- Never call medicine “candy”
- Never give or take extra medicine if some get spilled; call your doctor or pharmacist first
- Use a correct measuring spoon, do not use a kitchen spoon and know the difference between a tablespoon and a teaspoon
- If you are taking more than one medication, make a list of all your medications to include the name, reason you are taking it, the amount you are taking, the times of day you are taking it, and the name and phone number of the doctor who prescribed it.
- If you suspect any medication errors or have any questions, call the Poison Center at 1-800-222-1222.

Section 2: Household Products

Some of the most common household and personal care products can be very hazardous. Children are often attracted to the bright colors, interesting containers, and sweet smell of household products. Often household products are mistaken by children for something that is good for them to eat or drink. For example, a liquid cleaner may be mistaken for a juice. Do not rely on the smell or taste of a household product to deter children.

These include:

- Cleaning substances
- Laundry products
- Cosmetics
- Garden supplies
- Automotive products
- Pesticides
- Toys
- Fuels
- Paints
- Pool products

These products come in many shapes, sizes and colors.

Liquids, powders, granules, sprays and aerosols can easily enter the body through the mouth, eyes, nose and skin.

A list of common poisonous household products can be found in the Resource Center.

Tips to Prevent Household Product Poisoning:

- Lock up household cleaners, pesticides, auto products, garage products, and cosmetics where children cannot see or reach them
- Store chemicals and household products in their original containers
- Do not reuse empty household containers
- Post the number to the Poison Center on all phones (1-800-222-1222)

Section 3: Plants

Plants are a common cause of poisoning. Both indoor and outdoor plants can be poisonous.

Plants, flowers, and mushrooms are often beautiful to look at but many are poisonous. In some cases only part of a plant or flower is poisonous.

A list of common poisonous plants can be found in the Resource Center.

Tips to Prevent Plant Poisoning:

- Know the names of all the plants in your home and yard
- Label all plants with their names so you can identify a plant if it is eaten
- Keep house plants, seeds, and bulbs out of the reach of children
- Do not eat wild plants or mushrooms; cooking poisonous plants does not make them safe to eat
- Remove mushrooms growing in your yard and throw them away in a covered garbage can
- Teach your children to never put any part of a plant into their mouths
- If you suspect a plant poisoning, remove any plant material from the victim's mouth and call the Poison Center at 1-800-222-1222

Section 4: Carbon Monoxide

Carbon monoxide (CO) is a colorless, odorless, tasteless gas that can kill a person in minutes. It is produced wherever fuel such as gas, oil, kerosene, wood, or charcoal is burned. If appliances that burn fuel are maintained and used properly, the amount of CO that is produced is harmless.

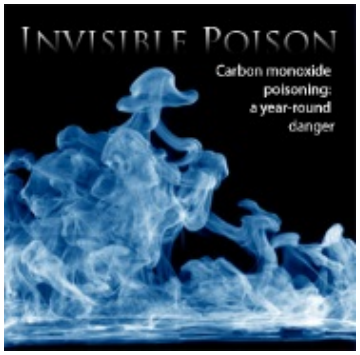
CO is one of the leading causes of poisoning death in the United States. Early symptoms of CO poisoning can mimic the flu or other illnesses. These symptoms may include: fatigue, dizziness, headache, vomiting, difficulty breathing, confusion, and fainting. CO poisoning may lead to unconsciousness and death. CO gas can be especially dangerous for pregnant women and their unborn babies, infants, and people with anemia and a history of heart disease.

Most Common Sources of Carbon Monoxide

- Oil, wood, or gas furnaces
- Space heaters (kerosene heaters)
- Gas or oil water heaters
- Gas stoves
- Gas dryers
- Fireplaces and wood stoves
- Charcoal grills
- Automobiles
- Lawn mowers and other gas powered lawn equipment

Tips to Prevent Carbon Monoxide Poisoning:

- Have fuel-burning appliances, venting, and chimney systems in your home inspected by a professional technician every year
- Install and use an exhaust fan vented to the outside over gas stoves
- Do not use an oven or gas range to heat your home
- Do not let the fireplace or space heater run while you are sleeping
- Open flues when fireplaces are in use
- Never use charcoal grills inside your home, garage or inside a tent; only use in a well-ventilated area
- Never leave an automobile engine running in a garage, even if the garage door to the outside is open (fumes can build up quickly)
- Do not sleep in a parked car while the engine is running
- Have exhaust system in your automobiles inspected for possible leaks.
- Do not use any gasoline-powered engines, such as mowers, weed trimmers, chain saws, small engines, or generators in enclosed spaces
- Install at least one carbon monoxide detector near the sleeping areas in your home
- Call the Poison Center at 1-800-222-1222 for more information



Section 5: Food Poisoning

Food poisoning occurs when food contaminated by bacteria, parasite, or virus is eaten.

Symptoms include upset stomach, abdominal cramps, nausea, vomiting, diarrhea, fever, and dehydration. Symptoms range from mild to serious.

Tips to Prevent Food Poisoning:

- Check the expiration dates on all foods, especially meats, poultry, and dairy products; do not buy or use foods beyond their expiration dates
- Do not use canned goods with bulges, leaks, or dents
- Wash hands thoroughly with warm, soapy water before and after handling food and especially after using the bathroom
- Keep raw foods separate from ready to eat foods
- Wash utensils and cutting boards after they have been in contact with raw meat or poultry and before they touch other food
- Use one plate for raw meat and another plate after the meat is cooked
- Refrigerate or freeze perishable food within two hours after buying or preparing. If room temperature is above 90°F, refrigerate perishable food within one hour.
- Cook meat, poultry and seafood thoroughly. Meats should be cooked to an internal temperature of 160°F.
- Wash fruits and vegetables thoroughly to remove visible dirt and discard the outermost leaves of lettuce and cabbage.
- Set refrigerator temperature to 40°F or below. The freezer should be kept at 0°F.
- Defrost foods safely, using one of the following methods:
    - In the refrigerator- wrap meat, poultry, and fish so that the juices don't drip on other foods. After defrosting, cook ground meat, poultry, and fish within one-two days, other meats should be cooked within three-five days.
    - In the microwave- Use the "defrost" or "50 percent power" setting to avoid cooking the edges of the food. Cook food immediately after defrosting in a microwave.
    - In cold water- Put food in a sealed package or plastic bag and immerse in cold water; change the water every 30 min. or place the sealed package under cold, running water. Cook food immediately after defrosting.
- Throw out any leftovers that have been at room temperature for more than two hours or in hot weather for more than one hour
- If hot food must be out for longer than two hours, use warming trays or slow cookers to keep the food hot
- If cold food must be out for longer than two hours, use a cooler or ice bucket
- Do not eat any food you are unsure about-- when in doubt, throw it out
- Pregnant women, young children, older adults, and people with weakened immune system should take extra precautions to avoid raw or rare meat and poultry; raw or undercooked fish or shellfish; raw or undercooked eggs or foods containing them such as cookie dough and homemade ice cream; raw sprouts (alfalfa, bean, clover, radish); un-pasteurized juices, ciders, milk and milk products; soft cheeses, blue-veined cheese and un-pasteurized cheese; refrigerated pates and meat spreads; uncooked hotdogs, luncheon meats and deli meats.
- Call the Poison Center for more information (1-800-222-1222)

Section 6: Lead Poisoning

Lead poisoning is a disease caused most often by eating lead paint chips or breathing or eating lead dust. Lead is especially harmful to infants and children aged 6 years and younger because their small bodies absorb lead more easily. Lead poisoning can slow a child's development and cause learning and behavior problems. Small amounts of lead can also damage a child's brain, kidney, and stomach.

Some Possible Sources of Lead:

- Peeling or chipping paint in homes built before 1978
- Dust from sanding or removing old paint and wallpaper
- Contaminated soil from a nearby industry that uses lead
- Soil around an older home that has chipping outside paint
- Contaminated clothing from working in a lead industry or with lead products
- Old lead pipes
- Some imported pottery, candies, canned foods, and mini-blinds
- Lead glazed ceramic, china, and leaded crystal glassware
- Inexpensive costume jewelry

Tips to Preventing Lead Poisoning:

- Clean up chipping or peeling paint from inside and outside your home
- Clean up paint chips and lead dust on window sills and on the floor near windows, doorways, and woodwork by using a damp mop or cloth and a special lead cleaning product.
- Have paint checked by an environmentalist if you are remodeling a home built before 1978
- Shower and change clothes before going home after working with lead on your job or hobby
- Store and wash work clothes separately
- Wash children's toys often
- Throw away lead-painted toys or clothes
- Never store food in open cans or pottery
- Buy pottery with lead-free glazes
- Wash children's hands before they eat
- Eat foods high in iron and calcium which can help to remove lead from the body easier
- Run cold water for a few minutes before using it for cooking or drinking
- Call the Poison Center for more information (1-800-222-1222)

Even children who appear healthy may have high levels of lead. The only way to know for sure if your child has been exposed to lead is with a simple blood test. If too much lead is in the body, your child may need treatment. To find out how to have your child tested, contact your pediatrician or local health department.

Section 7: Bites and Stings

Most people who are stung or bitten by an insect, spider, snake, or fish will have redness, itching, swelling, and some pain around the site. Some people are allergic to stings and bites and may experience hives, rash, itching palms and feet, headache, dizziness, nausea, vomiting, and difficulty breathing. If you are stung and have any of these reactions, go to the nearest hospital or doctor right away.

A list of common bites and stings can be found in the Resource Center.

Tips to Prevent Poisoning from Bites and Stings:

- When camping, picnicking or engaging in other outdoor activities such as yard work, wear long pants, long sleeves, gloves, and shoes; avoid walking in tall bushes or shrubs
- Apply insect repellent containing up to 50% DEET or 15% picaridin to your clothing and sparingly to your skin. The amount depends on the length of outdoors time. Always read the label before using.
- Before dressing, shake out clothing, shoes, and hats that have not been worn for a while
- Get rid of clutter in basements, closets, attics, and garages
- Dust and vacuum around windows, corners of rooms, under furniture, and in storage areas regularly
- Wear light-colored clothing outdoors to help spot ticks; wear long sleeves and pants tucked into your socks or boots
- After being outdoors, check your body and hair for ticks
- Protect pets by using flea collars or tick sprays
- Talk to your veterinarian about getting your pets vaccinated against Lyme disease
- Wear shoes and heavy pants when walking and hiking in areas where snakes are likely to be found
- Do not reach into rocky cracks, under logs, or large rocks
- Do not touch a snake, even if a snake looks dead. A snake can still bite up to one hour after its death.
- Do not tease a snake
- Avoid jellyfish at all times, even if they are washed ashore
- When swimming in the ocean, splash around when you first go into the water; this will scare stingrays away
- Program the number to the Poison Center in your cell phone (1-800-222-1222)

Lesson 4: What to Do In Case Of a Poisoning

Objective: To learn what to do in case of a potential poisoning.

Section 1: First Aid and Treatment
Section 2: Syrup of Ipecac
Section 3: Commonly Asked Questions

Section 1: First Aid and Treatment

The most important step in aiding a poison victim is to call the Poison Center immediately. Never wait for symptoms to occur; even if the victim looks and feels fine, you still need to call immediately.

Poisoning related symptoms can be delayed. What you do in the first few minutes can mean the difference between life and death.

Staff members at the Poison Center are available to provide quick, accurate, precise poisoning treatment information. If necessary, the victim will be referred to the nearest health care facility for treatment.

If you think someone has been poisoned follow the first-aid steps below and call the Poison Center (1-800-222-1222) right away.

For Swallowed Poisons:

- Do not induce vomiting
- Call the Poison Center immediately

For Inhaled Poisons:

- Get the victim to fresh air immediately
- Open all windows and doors for fresh air
- Call the Poison Center

For Poisons on the Skin:

- Remove contaminated clothing
- Rinse the victim's skin with water for 20 minutes
- Call the Poison Center

For Poisons in the Eye:

- Flush the victim's eye with lukewarm water for about 20 minutes
- Do not force the eyelids open
- Call the Poison Center

Note: If a person is non-responsive, has difficulty breathing, is not breathing, or is having seizures call 9-1-1 immediately

24-Hour Poison Emergency Phone Number

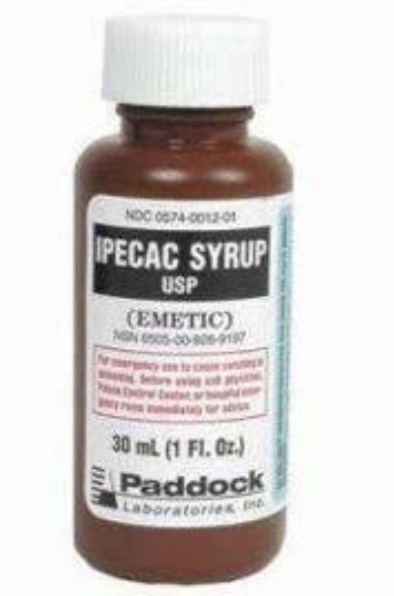
1-800-222-1222

Teletype for the deaf and hearing impaired available

Section 2: Syrup of Ipecac

Syrup of Ipecac is a plant extract that was used to make a person vomit to partially empty a person's stomach after ingestion of a poison.

In 2003, The American Academy of Pediatrics (AAP) issued its new guideline on Syrup of Ipecac. The Poison Center is in agreement with the AAP guideline and recommends that Syrup of Ipecac should **no longer be used** as a home treatment for poisonings. Likewise, the American Association of Poison Control Centers no longer recommends this product. Instead, we recommend calling your local poison control center at 1-800-222-1222.



Section 3: Opioid Overdoses and Naloxone

About Opioids:

Please note: For this training, the word "opioid" is used to describe all opioids and opiates including natural, synthetic, and semi-synthetic.

Opioids are a family of drugs and medications used to manage pain. These substances have potentially serious risks. Examples include codeine, morphine, heroin, fentanyl, and oxycodone.

Tolerance for opioids is developed through long-term use. This tolerance means that a person has to take more to get the same effect. People taking opioids for chronic pain are especially at risk because tolerance continues to grow even after the maximum dose has been reached. Increased drug tolerance can lead to physical dependency, addiction, abuse, and overdose.

The Opioid Overdose Epidemic:

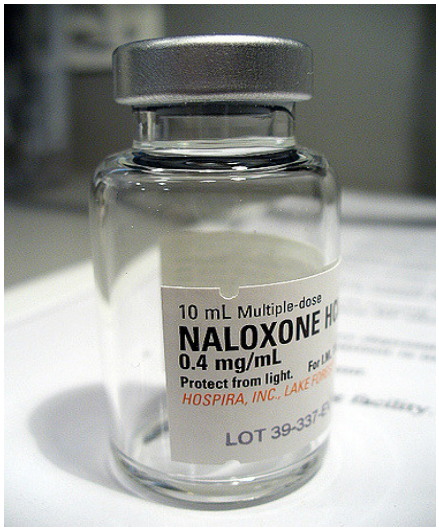
Each day, more than 90 Americans die from opioid overdoses. The misuse of and addiction to opioids—including prescription pain relievers and heroin—is a serious national crisis that affects public health as well as social and economic welfare. The Centers for Disease Control and Prevention (CDC) estimates that the total "economic burden" of prescription opioid misuse alone in the United States is over $78 billion each year.

How Opioids Work:

Opioids attach to receptors in the body. In prescribed amounts, opioids attach to these receptors and help manage pain. The main risk associated with excessive opioid use is respiratory depression, which means breathing can slow down too much or can even stop completely. In an untreated overdose, respiratory depression can lead to decreased heart beat or cardiac arrest, which means stopping of the heart, within a few minutes.

Overview of Naloxone:

Naloxone, often referred to as Narcan®, is a medication used in emergency situations to reverse the effects of opioids. Naloxone is NOT effective in treating non-opioid overdoses such as cocaine, amphetamines, or alcohol.



Reminder: Naloxone is not a substitute for emergency medical care. Always seek emergency medical assistance in the event of a suspected opioid overdose and during administration of naloxone.

A Brief Timeline of Naloxone:

- Naloxone has been used since the early 1960s, when Mozes J. Lewenstein and Jack Fishman patented it in the United States.
- The Food and Drug Administration (FDA) approved naloxone in 1971 for treating opiate overdoses.
- In the mid-1990s, community-based programs started offering opioid overdose prevention services to persons who use drugs, their families and friends, and service providers. Since 1996, an increasing number of these programs have provided naloxone due to its relative safety and ability to save lives.

Minnesota State Statute (Other States May Vary):

In 2014, the Minnesota legislature passed Statute 604A.04, 604A.05 also known as Steve's Law.

- Steve's Law is Minnesota's "Good Samaritan" law:
    - It provides immunity to those who call 911 in good faith to save a life.
    - It allows law enforcement, basic Emergency Medical Services (EMS) providers, and the public to access and administer naloxone.
    - It allows prescribers and other medical providers to prescribe naloxone to those at risk of an opioid overdose and family members, friends, or other individuals.
- Under Steve's Law, you and the person you are helping will NOT be arrested or charged for drug use/possession if you call 911.

Sources:

Rudd RA, Seth P, David F, Scholl L. Increases in Drug and Opioid-Involved Overdose Deaths — United States, 2010–2015. *MMWR Morb Mortal Wkly Rep*. 2016;65. doi:10.15585/mmwr.mm655051e1.

Naloxone. 2016. Substance Abuse and Mental Health Services Administration. https://www.samhsa.gov/medication-assisted-treatment/treatment/naloxone

Molecule of the Week: Naloxone. 2016. American Chemical Society. https://www.acs.org/content/acs/en/molecule-of-the-week/archive/n/naloxone.html

Steve's Law. 2017. Steve Rummler Hope Foundation. https://www.samhsa.gov/medication-assisted-treatment/treatment/naloxone

Section 4: Using Naloxone

How Naloxone Works:

- When someone overdoses on opioids, there's a brief window of opportunity to use naloxone successfully when a victim is not breathing but is not yet in cardiac arrest. Naloxone is NOT able to bring people back from the dead.
- Naloxone attaches to the same receptors that opioids attach to throughout the body. It can help reverse the decreased breathing that would otherwise lead to death from overdose.

Availability of Naloxone:

- Some clinics and hospitals now have naloxone available without a prescription.
- More major retail pharmacies are offering naloxone for the general public but availability still varies.
- Some, but not all, emergency medical responders and police officers also carry naloxone with them.

Routes of Naloxone Administration:

- Auto-injector (brand name: Evzio®): A hand-held device that delivers a dose of naloxone with voice and visual guidance.
- Nasal spray (brand name: Narcan®): A liquid form of naloxone that is sprayed into the victim's nostrils. This form is common for law enforcement officers and first responders to carry.
- Injection: This form of naloxone can be injected into the muscle (intramuscular), under the skin (subcutaneous), or into the vein (intravenous). Many community programs give out kits for intramuscular injections of naloxone.

Reasons to Give Naloxone:

Naloxone should be used immediately in case of an opioid emergency. Signs and symptoms of opioid overdose include:

- slowed breathing or no breathing at all
- unusual sleepiness or inability to awaken the victim
- the black circle in the center of the colored part of the victim's eye is very small (sometimes called "pinpoint pupils")
- purple/black/blue hue on the lips and/or fingernails

Side Effects and Other Safety Concerns:

The incidence of adverse effects from naloxone is low so it is considered safe for public use. Some side effects in opioid users may occur and these are related to sudden opioid withdrawal. Though unpleasant, withdrawal from opioids is generally not life-threatening.

Safety for first responders and bystanders: Some overdose victims may awaken with agitation after naloxone so it's important to immediately call for emergency medical assistance.

Recommended reading for first responders:

- Please review this position statement from the American College of Medical Toxicology (ACMT) and American Academy of Clinical Toxicology (AACT). This paper outlines recommendations for personal protective equipment (PPE) when dealing with fentanyl or fentanyl analog exposures in the field.
- Homeland Security has issued a statement that contrary to recent news reporting, there are no fentanyl analogs resistant to Naloxone. Click here to download/view this article.

Steps for Responding to an Opioid Overdose:

- **Call 911**
- Check the victim for signs of an opioid overdose:
    - blue lips
    - pinpoint pupils
    - not breathing
- If the victim has any of the signs above and naloxone is available, follow the naloxone administration instructions for the device or administration route.
    - If there aren't any instructions and/or you feel uncomfortable, call the Poison Center at **1-800-222-1222**. Poison experts can help you walk through how to administer naloxone to the victim.
- After naloxone administration, roll the victim onto his or her side to prevent choking if he or she vomits.
- In a small number of opioid overdose victims, the amount of naloxone provided in a kit or device may not be sufficient to awaken the victim or improve his or her breathing. This means naloxone is not always effective at reversing opioid overdose, which is another reason why calling 911 immediately is very important.

Sources:

Doe-Simkins M, Quinn E, Xuan Z, et al. Overdose rescues by trained and untrained participants and change in opioid use among substance-using participants in overdose education and naloxone distribution programs: a retrospective cohort study. *BMC Public Health*. 2014;14:297. doi:10.1186/1471-2458-14-297.

NARCAN® (naloxone hydrochloride) nasal spray [package insert]. Adapt Pharma, Inc., Radnor, PA. Updated February 2017. https://www.narcan.com/pdf/NARCAN-Prescribing-Information.pdf

Naloxone: Frequently Asked Questions. Naloxone Info. Updated June 2013. http://naloxoneinfo.org/sites/default/files/Frequently%20Asked%20Questions-Naloxone_EN.pdf

ACMT and AACT Position Statement: Preventing Occupational Fentanyl and Fentanyl Analog Exposure to Emergency Responders. American College of Medical Toxicology and American Academy of Clinical Toxicology. 2017. http://www.acmt.net/cgi/page.cgi/zine_service.html/The_ACMT_Connection/ACMT_Statement_on_Fentanyl_Exposure

Fentanyl Analogues Not Resistant to Narcan® (Naloxone). U.S. Department of Homeland Security. Intelligence Alert. Updated July 2017.

Section 5: Commonly Asked Questions

Q: When should I call the Poison Center?
A: The Minnesota Poison Control System can help the public or health professionals with questions and/or treatment advice about potentially poisonous substances.

Q: How much does it cost to call the Poison Center?
A: The call is FREE.

Q: Who staffs the Poison Center emergency hotline?
A: The 24 hour emergency hotline is answered by highly trained Specialists in Poison Information (SPIs), registered nurses, pharmacists, and physicians. In addition, a team of board certified toxicologists are on staff for additional back-up around the clock.

Q: Is there more than one AAPCC-accredited Poison Center for Minnesota, North Dakota, and South Dakota?
A: No. The Minnesota Poison Control System is the only Poison Center for those states that is accredited and certified as a Regional Poison Information Center by the American Association of Poison Control Centers (AAPCC).

For more FAQ please visit the Resource Center.

Lesson 5: Planning, Implementing and Evaluating Poison Prevention Activities in Your Community

Objective: To learn how to easily and effectively share poison prevention information with your community.

Section 1: Poison Prevention Educator
Section 2: Preparing for an Event
Section 3: Teaching Adults about Poisons
Section 4: Reaching People with Limited Health Literacy
Section 5: Teaching Children about Poisons
Section 6: Program Evaluation

Section 1: Registered Poison Prevention Educator

Minnesota Poison Prevention Educators, like yourself, help make it possible to reach all counties across Minnesota, North Dakota, and South Dakota.

As a registered Poison Prevention Educator with the Minnesota Poison Control System, you are encouraged to:

- Share poison prevention information with your family, friends, co-workers, and/or community by using educational materials provided to you in the Resource Center
- Create awareness about the Minnesota Poison Control System
- Promote the toll-free hotline number: 1-800-222-1222

*Poison Prevention Educators should **never** answer poison specific and/or treatment questions or give treatment advice. All questions should be directed to the Poison Center where our trained specialist in poison information have access to the most up-to-date information.

As a registered Poison Prevention Educator with the Minnesota Poison Control System you will have access to educational tools and materials.

Here are a few items you will receive for free:

- Certificate of Completion
- Complimentary Educational Material Package
- Access to our online educational Resource Center page
- Free poison prevention materials
    - The Poison Center will supply you with up to 100 poison prevention materials free for distribution at events. Additional brochures and handouts can be downloaded in the Resource Center.
    - The Poison Center requests that you only order enough materials for your estimated audience.
    - To request materials:
        - **Minnesota** residents may go to our materials order form
        - **North Dakota** residents can go to this online online order form
        - **South Dakota** residents can email PoisonCenter@sanfordhealth.org or call 605-328-6670
- Many people have the need to order more than 100 materials. This is usually the case for health fair planners, clinic administrators, and others large event/venue contacts. For these requests, you are required to fill a Program Report Form (available in the Resource Center).

Section 2: Preparing For an Event

When planning poison prevention activities, the first question you need to consider is, "who am I trying to reach?" Programs are successful when the community's needs are considered. Primary audiences include the community at risk of poisoning and secondary audiences include other community members. Your target audience can be anyone whom you wish to reach with poison prevention messages.

Children under the age of five are at greatest risk of unintentional poisoning and adults age 20-59 are at the greatest risk for unintentional poisoning deaths; therefore, children and those who provide care for them and adults age 20-59 should be our main targets.

The primary target audience for a poison prevention campaign may be one or more of the following:

- Children
- Teenagers/babysitters
- Adults/parents
- Grand parents
- Child care providers

Other target audiences you should try to reach are professional audiences, such as health care providers and the media. Parents and other caretakers of children often seek information and support from sources they deem reliable and credible such as doctors and pharmacists. Health care professionals are often in the position to disseminate health related information to their clients.

Examples of professional audiences you may want to target include:

- Pharmacists
- Nurses
- Pediatricians
- Emergency service personnel (EMTs, paramedics, police, firefighters)
- Child care providers
- Business owners
- Media (radio, television, newspaper, magazines and other publications)
- Legislators and community leaders

Identifying your target audience(s) and understanding their needs, interests and habits will help you determine the best methods to reach them with your poison prevention messages. Educating the public and professionals about the dangers of poisoning is our strongest link to preventing poisoning.

Sharing Poison Prevention Information

Sharing poison prevention information with your community is easy.

- Include the Poison Center materials into your existing teachings, trainings, and education/outreach activities
- Contact community organizations and ask how you can share/distribute poison prevention materials and information

Educational and Outreach Activities can include:

- **Distribute Materials**
- **Health Fairs**
- **Presentations**
- **Media Campaign**
- **Social Media (Facebook and Twitter)**

- **Newsletters**
- **Media Campaign**
- **National Poison Prevention Week**
    - Established by the U.S. Congress on September 16, 1961 due to so many pediatric poisoning deaths in the 1950s
    - The third week in March, of every year
    - Provides a national opportunity to promote poison prevention education and alert the public about the problem
    - Activities and events scheduled around this week

Distribute Materials:
Distributing poison prevention materials at locations visited by your target audience is a way to reach your target audiences with poison prevention messages.

The Poison Center offers a variety of poison prevention materials including emergency phone stickers, brochures (download and print), and posters.

Ideas for Distributing Poison Prevention Materials

- Ask pharmacists, nurses, physicians, and other health care providers to distribute literature and/or counsel their patients about poisoning prevention.
- Ask pharmacists to place education information in prescription bags.
- Ask employers/businesses to place information in payroll or bills.
- Ask local businesses to help print materials for distribution.
- Put posters or information on bulletin boards or in windows of locations visited by your target audience.
- Ask merchants to display posters and use bag stuffers for customers, include a poison safety message on store receipts or make loud speaker announcements.
- Work with local area fast-food restaurants or chains to heighten awareness by printing up table tents and/or tray place mats.
- Ask retailers to donate free or discounted child safety locks for distribution to your target audience.

Participate in a Health Fair:
Hosting or participating in a health/safety fair or setting up a display at locations visited by your target audience is another great way to get the poison prevention message out. Bulletin boards, look-a-like displays, display cases, and posters are great, inexpensive methods to promote poison safety.

Displays and exhibits can be set up at the following locations:

- hospitals
- clinics
- shopping malls
- baby stores
- grocery and drug stores
- libraries
- pharmacies
- schools
- churches

- community centers

A list of creating displays can be found in the Resource Center

Tips for Conducting a Health Fair/Exhibit

- Try to remain standing throughout the event. If you must sit, sit either in front or to the side of your table. Smile and greet all guests.
- Ask guests if they have heard of the Minnesota Poison Control System
- Find out if guests have children under age 6 living at home or visit often
- Inform older adults that the Poison Center is available to answer any questions they might have about their medicines
- Encourage all guests to take a Poison Center magnet and/or telephone sticker, to ensure they have the telephone number at home in case of an emergency
- Use good presentation skills:
    - Speak slowly
    - Maintain eye contact with the guests
- Engage guests by asking questions about any poisoning experiences they have had and allow time for them to answer. You may even engage some guests in a poison look-a-like game.
- Try to count the number of guests and record number
- If possible, distribute evaluation forms and collect them after they are completed.
- Don't forget to thank each guest for visiting your exhibit
- When the event is over, pack up all left over materials
- Provide any pertinent feedback from the surveys to the event organizer

Conduct a Presentation:

Conducting presentations in your community is a great way to reach people of all ages about poison prevention. Presentations should be designed in lecture/discussion format that can be delivered within 30 minutes to one hour. You should modify the length of your presentation for your target audience. The younger the audience the shorter your program should be.

To evaluate your program, distribute the pre-tests to your audience, give them time to complete them and collect them before you begin your program. Distribute the post-tests at the end of the program. The forms are in the Resource Center.

Remember to request your free poison prevention materials early to ensure that you will receive them in time for your program. Also, remember to return your Program Report Form to the Poison Center after conducting a program.

Effective Presentation Tips

- Know your audience
- Know your subject matter
- Speak, do not read
- Use appropriate body language
- Make it interesting
- Slice of life - Talk about real life poisoning cases and their outcomes.
- Involve your audience
- Summarize, Summarize, Summarize

A list of effective presentation tips can be found in the Resource Center

Media Campaign:
PLEASE NEVER IDENTIFY YOURSELF AS AN EMPLOYEE OF THE MINNESOTA POISON CONTROL SYSTEM. ONLY EMPLOYEES CAN CLAIM THAT AND EVEN THEY HAVE TO BE CLEARED TO SPEAK WITH THE MEDIA ON THE POISON CENTER'S BEHALF. You can work with the media to support an already existing Poison Center campaign.

Mass media can be an integral part of your poison prevention efforts. Publicity can extend the impact of your activities by reaching a larger audience. Whether you are writing a press release, holding a news conference, or giving an interview, you are encouraged to establish a working relationship with the media. Samples of news release and radio public service announcements (PSAs) can be found in the Resource Center.

1. **Identify Your Media Outlets:** No matter where you live, you will be able to find media outlets to convey your messages. Keep in mind your target audience when selecting media outlets to work with. Try to select media outlets that speak directly to your audience.

   Here is a list of media outlets you should consider:
   - Television stations
   - Radio stations
   - Social media (Facebook, Twitter, etc.)
   - Billboard companies
   - Local magazines
   - Public and private transportation
   - Public access cable TV
   - Weekly and daily newspapers

   Be sure to contact specialized media, such as minority newspapers and radio stations. Other specialty media include: university/college newspapers; small community papers or neighborhood newsletters; and publications produced by local organizations, such as businesses; hospitals; women's centers; health care clinics; professional associations; churches and other religious institutions; drug stores; and local clubs.

2. **Start a Media Contact List:** Before you begin to contact the media in your area, you should familiarize yourself with the local media. In order to "sell" your story to the media, you must know who is most likely to "buy" it. You should send materials and news releases directly to those most likely to use them. Make a list of media contacts in your community including: the names of reporters, editors or producers; mailing addresses; telephone and FAX numbers; e-mail addresses; deadlines and special interests of journalists in your community so you can send materials and news releases directly to them. To start your list, scan media websites and newspapers, also monitor radio and TV shows to learn the names of reporters who cover health related topics. You can also call the media outlets directly. If you are not sure who to talk to, you can ask to speak to the news or assignment editor. This is the editor who assigns articles to the reporters. Also, many stations and papers list contact information on their Web sites.

   Remember, once you have your list, keep it updated.

3. **Before You Make Contact with the Media:** Make sure you know the message you are trying to convey. Reporters work on deadlines and need to get accurate information from you in a timely manner. If a reporter calls you, you do not have to speak with them right away, but may want to take a message and call them back once you are prepared to speak to them. Remember to ask when their deadline is and call back promptly.

4. **Make Initial Contacts:** Whenever you can, arrange to meet face-to-face with reporters, editors and producers. Bring the materials and information you want them to use. Use this opportunity to offer

your services and the Poison Center, if appropriate, as an expert resource on poison prevention. Be sure to leave them your phone number and the number of the Poison Center.

If you send materials to your contacts, allow 4-7 days for the materials to arrive, and then follow up with a phone call. Ask if they have any questions about the materials, offer to answer the questions, and emphasize the important points related to your community.

5. **Choose Your Outreach Method**
   There many different methods you can use to reach your audience.

   Samples of some of these methods are:

   - Media Advisory/Alerts
     - What? -Media advisories/media alerts are used to "sell" your event to the media. They tell the media who, what, when, where and why of your event in a concise manner. Media advisories can be in the form of a memo.
     - Who? - Editors, Producers and Reporters
     - When? - Send at least three days before an event.
     - Note: Follow up with phone calls to make sure that assignment desks and reporters received your advisory and know about your event. Be sure to mention in the advisory a person the reporter can interview about the topic.
   - News Release
     - What? -News releases tell your story. Many reporters gather information for upcoming stories from news releases. The news release tells the reporter who, what, when, where and why of a news story. A newspaper editor may run the release as written, but is likely to assign a reporter to conduct interviews based on the information in the release and then write an original story.
     - Who? - For weekly newspapers - fax or mail the news release to the Editor. For daily newspapers match the story with the appropriate Editor (Feature, Health, etc.)
     - When? - Send 4 weeks before the event.
     - Note: Reporters and editors receive many news releases each week. To draw attention to your news release, format it professionally and send it to your established contacts. Keep in mind reporters' and editors' needs as you write the release. Also follow up with a phone call.
   - Print Public Service Announcements (PSAs)
     - What? -Newspapers will print PSAs as part of their community obligation. Placement of PSAs in the weeks prior to your event will help raise awareness of the problem.
     - Who? - Call and ask for the contact information of the Public Service, Public Affairs Coordinator or ask for the person in charge of PSAs.
     - When? - Send PSAs along with a "pitch" letter to newspapers about 2-3 weeks prior to your event.
   - Radio Station Public Service Announcement (PSA) Scripts
     - What? - Radio stations have an obligation to broadcast public service messages. A radio PSA qualifies for free air time if it is used to promote a nonprofit organization or public service. Stations often accept pre-written scripts from organizations to convey a public service message that benefits members of the community. The station can read these scripts live over the air. You can send these scripts to radio stations with a letter explaining the poisoning problem in your community.
     - Who? - Call and ask for the contact information of the Public Service, Public Affairs Coordinator or ask for the person in charge of PSAs.
     - When? - Call and ask about deadlines for submitting information.

- Note: Be sure to always include a contact name, organization and phone number with each piece of information you send a radio station. Place a follow-up call to the station to ensure they received the scripts

Social Media:

Post information on your Facebook page. Send tweets via Twitter.
You may visit the Minnesota Poison Control System's Facebook Page to share, like, or comment on our posts.
Or follow our Twitter account @MNpoisoncenter

Place Information in Newsletters:
Use the information about poisoning and poison prevention found in the Understanding the Poisoning Problem section of this manual to produce articles for submission to various organizational and employer newsletters, community calendars, apartment or PTA updates, and church bulletins.

Promote National Poison Prevention Week (NPPW):
In September 1961, Public Law 87-139; 75 Stat. 681 (H. J. Res. 358) was passed authorizing the President of the United States to issue annually a proclamation designating the third week of March as National Poison Prevention Week (NPPW). During NPPW, the Poison Center and other organizations around the nation coordinate activities to increase awareness of the dangers of unintentional poisoning and teach poison prevention.

NPPW is a great time to implement one or more of the activities listed in this section. Keep abreast of Poison Center NPPW-related activities by visiting the Poison Center website at www.mnpoison.org, by becoming our fan on Facebook, by reading our blog, or by following @MNpoisoncenter on Twitter.

Arrange a NPPW Proclamation signing:
Proclamations are a great way to bring attention to important issues. Have your Mayor, County Commissioner, and/or Council sign a resolution proclaiming the third week of March as "National Poison Prevention Week" in your city or county. To get a proclamation signed in your community, contact a member of your City Council or County Commissioner. They should be able to guide you through the steps of a Proclamation Signing.

Hold an opening ceremony or open house for NPPW:
Invite members of the community, media, and other distinguished guests to an opening ceremony or open house. Discuss and distribute poison prevention information.

Section 3: Teaching Adults about Poisons

When teaching adults about poisons, the program should be based on current research and current poisoning data. The goal is to provide adults with the knowledge and skills to:

- Identify poisons
- Prevent poisonings
- Respond appropriately in poisoning emergencies

Programs for adults/older adults can be conducted at:

- Places of employment
- PTA meetings
- Neighborhood association meetings
- Civic and community/volunteer organization meetings
- Health departments
- Hospitals
- Senior centers

After each program, the participants should be able to:

- State the purpose of the program
- State examples of common poisons
- Describe risk factors associated with poisoning for children and adults
- Identify individuals at risk of poisoning
- List strategies to prevent poisonings in the home
- Repeat the phone number of the Poison Center
- Describe the appropriate response for poison emergencies
- Describe the services provided by the Minnesota Poison Control System
- Describe the information to give to the poison specialist

Adult lesson plans and testing tools can be found in the Resource Center

Section 4: Reaching People with Limited Health Literacy

Health Literacy is defined as the degree to which individuals have the capacity to obtain, process and understand basic health information and services needed to make appropriate health decisions.

In order for a program to be effective, the audience must have access to information and must be able to understand what is being taught. Certain groups fall in the category of those with limited health literacy. Those groups include:

- People with limited education
- People with limited English proficiency (LEP)
- Minority population
- Seniors/older adults
- The poor

Pertinent Facts

- 8% of the population has limited English proficiency
- 65% of medication errors are due to communication failures (most patients that are discharged from healthcare facilities do not understand the medications they are given and what they are for).
- 30% of elderly patient admissions are related to adverse medication events
- 36% of patients discharged from a hospital within 2 weeks did not know the name of their new medication and or its purpose.
- 32% of patients do not know who to contact with questions about their medicines.

Targeted audience must be reminded that poison specialists at the Poison Center can answer most medication questions and all calls are confidential; literature is available in other languages and that the Poison Center services are free.

Since you cannot tell that people have a literacy problem just by looking at them, you have to assume that in any audience you are trying to reach with safety messages, there are people with limited health proficiency. Therefore, it is important to interact with the audience (talk with the people). Understand that some people will prefer to talk instead of write; therefore, a pre/post-test might not be a useful tool for all audiences.

Barriers to Utilizing the Poison Center

- Lack of awareness
- Lack of confidence (shyness, shame)
- No telephone
- Fear/lack of trust
- Language barriers
- Cultural differences
- 911 is easier to remember

POISON Help
1-800-222-1222

Once again, know your audience and focus on them as consumers, learn about their barriers and what they care about. This will assist in program planning and audience benefits.

Section 5: Teaching Children about Poisons

When teaching children about poisons, the program should be designed to present key messages about poisoning using age appropriate educational interactive methods.

The goal is to provide children with the knowledge and skills to:

- Identify poisons
- Prevent poisonings
- Respond appropriately in poisoning emergencies

Programs for children can be conducted at:

- Schools
- Scout meetings
- Child care centers
- Religious institutions
- Libraries
- After school programs

After each program, children should be able to:

- Define a poison
- Describe a poison (as something that should not be touched or tasted).
- Identify common poisons found in and around the home.
- Identify “caution” words on household product container labels.
- Explain the proper storage of poisons.
- Describe when to take medicine.
- Identify someone who gives you medicine.
- Explain ways medicine and vitamins can be poisonous.
- Explain why plants, flowers, berries and mushrooms should not be eaten.
- Describe the appropriate response in a poison emergency.
- Identify the number to call in a poison emergency.

Children lesson plans and testing tools can be found in the Resource Center.

Section 6: Program Evaluation

The final step in planning and implementing a poison prevention activity is to ask yourself what you have accomplished. Evaluating your activities will allow staff, volunteers, and the rest of community to see what you have accomplished. This will help you decide what changes are necessary and help you maintain momentum and enthusiasm for poison prevention in your community.

Evaluation Helps To:

- Ensure that your program does what it is intended to do
- Identify errors and problems and make improvements
- Identify activities that are successful so you can reuse them in the future
- Gain recognition and credibility as a poison prevention advocate
- Make sure partner organizations are satisfied with their roles
- Plan future programs

Evaluations contain questions designed to gather information about your program and about you, as an instructor. This information will help you make improvements to your program.

Program Evaluation Forms can be found in the Resource Center.

Resources

Feel free to access these materials as needed. For questions, comments and/or concerns please contact the Minnesota Poison Control System's Education Department at PoisonHelp@hcmed.org.

Section 1: Contact Us
Section 2: Educational Materials
Section 3: Educator Forms
Section 4: Internet Resources

POISON Help®
1-800-222-1222
Minnesota Poison Control System

Section 1: Contact Us

Minnesota Poison Control System
701 Park Ave, Mail Code: RL
Minneapolis, MN 55415
Toll Free: 1-800-222-1222
TTY and Interpreter Services Available
www.mnpoison.org

Education Department: 612-873-5644
PoisonHelp@hcmed.org

Administration: 612-873-3144

Section 2: Educational Materials

All educational materials can be found in the online training Resource Center. For questions, comments and/or concerns please contact the Minnesota Poison Control System's Education Department at PoisonHelp@hcmed.org.

- Children Lesson Plans and Activities
- Adult Lesson Plans and Activities
- Product List
- Tips
- Creating a Display
- FAQ

Teaching Children about Poisons

When teaching children about poisons, the program should be designed to present key messages about poisoning using age appropriate educational interactive methods. The goal is to provide children with the knowledge and skills to:

- Identify poisons
- Prevent poisonings
- Respond appropriately in poisoning emergencies

Programs for children can be conducted at:

Schools	Scout meetings
Child care centers	Religious institutions
Libraries	After school programs

After each program, children should be able to:

- Define a poison
- Describe a poison (as something that should not be touched or tasted).
- Identify common poisons found in and around the home.
- Identify "caution" words on household product container labels.
- Explain the proper storage of poisons.
- Describe when to take medicine.
- Identify someone who gives you medicine.
- Explain ways medicine and vitamins can be poisonous.
- Explain why plants, flowers, berries and mushrooms should not be eaten.
- Describe the appropriate response in a poison emergency.
- Identify the number to call in a poison emergency.

Needed Materials

- Overhead projector (if using PowerPoint presentation).
- Chalkboard, Dry Erase Board, or Flip Chart.
- Copies of Activity Sheets (See **Activity Sheets** section to select an activity).
- Several household product empty bottles/containers or pictures.
  Examples: all-purpose cleaner, ammonia, furniture polish, bleach, windshield washer, nail polish remover, mouthwash, vitamins
- Writing tools (enough for each child)
- Poison Prevention Materials (See **Program Request and Material Order Forms** and **Public Education Material List**).
- Copies of children's Pre/Post Tests

Don't forget to order your free poison prevention materials early to make sure you receive them in time for your program. Please remember to return your **Program Report Form** after you have conducted a program!!

Lesson 1: Let's Talk About Poisons & Safety Rules (K-3rd Grade)

Discussion:
Today we are going to learn what a poison is and about safety rules for poisons. These safety rules can prevent you or someone you love from getting hurt.

Question: What is a safety rule? *(Ask children to give their ideas of what safety rules are)*
A) A safety rule is something we follow to keep us safe from danger.

Question: Who knows an example of a safety rule? *(Solicit safety rule examples from children)*
A) Look both ways before crossing the street
Don't talk to strangers
Wear a helmet when riding a bike
Wear a seat belt while riding in a vehicle

Question: Why are these safety rules important? *(Wait for children to explain what would happen if safety rules are not followed)*
A) These rules are important because they keep us safe and so we don't get hurt.

Now let's talk about the dangers of poisons.

Question: What is a poison? *(Let children give their explanation of what a poison is)*
A) A poison is something that can make you sick, hurt you or even kill you if you eat or drink it, smell it, splash it in your eyes or on your skin.

Question: What are some examples of a poison? *(List the examples that the children give)*

A) medicine	household cleaners	plants	paint products
make-up	bleach	perfume	fluids used in cars
animal & insect bites	lawn care products	bug spray	

(Explain how each can be a poison and explain that the container label often has words such as harmful, danger, poison, etc.)

Remember when we talked about what safety rules are? Now we are going to talk about what the safety rules for poisons are.

1) **Stay away!**
Never touch, smell or taste something if you are not sure what it is; always ask a grown-up first.
2) **Never take medicine by yourself!**
Always make sure an adult gives you your medicine. If you take too much, take it the wrong way, or take the wrong kind, it could hurt you.
3) **Always tell a grown-up right away if you swallow something that you are not supposed to.**
4) **Never open cabinets that are locked.**
Grown-ups lock things up out of the sight and reach of children in order to keep children safe.
5) **Avoid touching strange plants**
Some plants can cause you to itch really bad or give you a rash and some plants can make you sick if you eat them.

Lesson 1 (continued):

Finally, if you or someone you know should ever get poisoned, the Minnesota Poison Control System is always ready to help you. They are open 24 hours a day, 7 days a week, and 365 days a year. You can call them at 1-800-222-1222! *(Ask the children to repeat the number a few times)*

******Note: If a person is non-responsive, has difficulty breathing, is not breathing, or is having seizures call 9-1-1 immediately******

(If time permits, end the lesson with an activity from the Activity Sheets section)

Lesson 2: What is a Poison? (3rd-5th Grade)

Discussion:
Today we are going to learn about things that can be a poison and where they are found. *(For this discussion you will need pictures of the following items)*:

household cleaners	bleach	ammonia	motor oil
nail polish remover	Medicines	poison ivy	mushroom
vitamins	mouthwash	perfume	bug spray
rubbing alcohol			

Question: What is a poison? *(Ask children to define what they think a poison is)*

A) A poison is something that can make you sick, hurt you or even kill you if you eat or drink it, smell it, splash it in your eyes or on your skin.

Explain to children that poisonous things can be safe if they are used in the right way. *(Show children each picture of the items from list above while explaining).* Examples:

- Perfume/cosmetics – Can make you smell/look good but can be a poison if you drink or eat it or gets it in your eye
- Medicine – Helps you to feel better when you are sick but can be a poison if you take too much, take the wrong kind, or take it the wrong way. Never take medicine by yourselves - a grown-up must always give you your medicine.
- Household cleaner – Helps to keep your homes free from germs but can be a poison if you drink or eat it, or splash it in the eye or on the skin.
- Some plants – Can be used as food (example: mushrooms) but can be a poison if you eat the wrong kind.

Question: Where can poisons be found? *(Ask children for ideas of rooms in the home and areas outside the home where poisons can be found and what poisons might be found in that area; explain that the labels often have "caution" words: warning, danger, poison, etc.)*

- Bedroom: perfumes, make-up, plants, medicines
- Kitchen: plants, cleaning products, medicines, vitamins
- Bathroom: cleaning products, medicines, make-up
- Closet: bug/insect sprays
- Laundry room: laundry detergent, bleach
- Attic: Mothballs (explain what this is), air fresheners
- Yard: berries, mushrooms, weed killers, insect/animal (stings &bites)
- Garage: paint, fluids for car, lawn care products, pool cleaners

Question: How do poisons enter the body?

A) Mouth – If you taste or swallow it
Eye – if you splash it in
Nose – if you smell it (breathed into the lungs)
Skin – if you touch it or splash it on or by insect/animal bites

- **Teach children - never taste, touch or smell anything that could be a poison.**
- **Teach children - always ask a grown-up first if they are not sure what something is.**
- **Teach children - poisons should be stored in a locked cabinet out of reach and sight of children. Never try to open locked cabinets; adults lock up poisons to keep you safe.**

Lesson 2 (continued):

Finally, if you or someone you know should ever get poisoned, the Minnesota Poison Control System is always ready to help you. They are open 24 hours a day, 7 days a week and 365 days a year. You can call them at 1-800-222-1222!

******Note: If a person is non-responsive, has difficulty breathing, is not breathing, or is having seizures call 9-1-1 immediately******

(If time permits, end the lesson with an activity from the Activity Sheets section)

Lesson 3: What Do Poisons Look and Smell Like? (3rd-5th Grade)

For this lesson you will need several poison look-a-likes (or photos). Examples**

Pine-Sol® & Apple Juice	Comet® & Parmesan Cheese
Blue Windex® & Blue Gatorade®	Red juice & Red colored liquid Tylenol®
Ex-lax® & Hershey's® chocolate bar	Aspirin and Smarties candy
Tylenol® tablets and Red Hots®	Cold Relief Pops & Lollipops
Tums® & Sweet Tarts®	Gummy Vites® multivitamins & GummyBears®

(Show look-a-likes while discussing how poisons can be tricky)

***Note: The above items were chosen for illustrative purposes only. The Minnesota Poison Control System does not intend to imply that these items are dangerous if used as directed.*

*****Note: Keep the examples locked up when not in use! Never leave them out or unsupervised!***

Discussion:

What is a poison? A poison is something that can make you sick, hurt you, or even kill you if you eat or drink it, smell it, splash it in your eyes or on your skin. Poisons come in many shapes, sizes, and colors.
Poisons can be tricky. They can look like your favorite drinks or look like something good to eat. A medicine can look and taste like food; sometimes medicine can look like candy.

Question: Why is it important to always have an adult give you your medicine? *(Wait for children to answer)*

A) Because they know what medicine to give you and how much to give.

Poisons can be in pretty colors like red, blue, green, pink, or purple. They can also be brown or clear like water. Some poisons smell good, like perfume, and some poisons smell bad.

Question: What are some things that can be good if used in one way, but dangerous if used in another way? *(Wait for children to answer)*

A) Perfume and make-up can be used to make us smell good and look pretty, but can be a poison if swallowed or gets in the eye. Cleaning products can keep the house free of germs, but can be a poison if swallowed or splashed in the eyes or on the skin. Medicine is used to make us feel better when we are sick, but can be a poison if we take too much, take the wrong medicine, or take it the wrong way.

(Explain that labels on these containers often have caution words such as danger, harmful, or poison)

Poisons can be solids, like a pill or plant. Poisons can be a liquid; some come in spray bottles and look like they may be fun to play with. Poisons can also be a gas which we cannot see.

Question: Does anyone know what carbon monoxide is?

A) Carbon monoxide is a poisonous gas that we cannot see, smell, or taste.

- **Teach children - never take medicine or vitamins by yourselves. A grown-up must always give you your medicine.**
- **Teach children - never taste, touch, or smell anything that could be a poison.**

Lesson 3 (continued):

- **Teach children - always ask a grown-up first if you are not sure what something is.**
- **Teach children - poisons should be stored in a locked cabinet out of reach and sight of children. Never try to open locked cabinets because adults lock up poisons to keep you safe.**

Finally, if you or someone you know should ever get poisoned, the Poison Center is always ready to help you. They are open 24 hours a day, 7 days a week, and 365 days a year. You can call them at 1-800-222-1222!

******Note: If a person is non-responsive, has difficulty breathing, is not breathing, or is having seizures call 9-1-1 immediately******

(If time permits, end the lesson with an activity from the Activity Sheets section)

Lesson 4: We Ask First! (K-3rd Grade)

Discussion:

What is a poison? A poison is something that can make you sick, hurt you, or even kill you if you eat or drink it, smell it, splash it in your eyes or on your skin. Poisons can be tricky. They can look like things that are good to eat and drink. Don't get tricked by poison, always ask first. Remember this Safety Rule: Don't Touch, Don't Taste, Ask First! **This means you should never touch or taste anything unless you ask a grown-up/adult first.**

Activity 1: Read the scenarios from the "Poison Scenarios 1" and "Poison Scenarios 2" documents in the Resource Center and ask the questions at the end of each scenario. Allow children to answer the questions then discuss the correct answers.

Activity 2: For this activity you will need several poison look-a-likes. Examples**

Pine-Sol® & Apple Juice	Comet® & Parmesan Cheese
Blue Windex® & Blue Gatorade®	Red juice & Red colored liquid Tylenol®
Ex-lax® & Hershey's® chocolate bar	Aspirin and Smarties candy
Tylenol® tablets and Red Hots®	Cold Relief Pops & Lollipops
Tums® & Sweet Tarts®	Gummy Vites® multivitamins & GummyBears®

***Note: The above items were chosen for illustrative purposes only. The Minnesota Poison Control System does not intend to imply that these items are dangerous if used as directed.*

*****Note: Keep the examples locked up when not in use! Never leave them out or unsupervised!***

Show the children the look-a-likes one pair at a time. Ask them to identify which item from the pair is safe to put in your mouth. (Example: Hold up the Pine-Sol® and the apple juice. Raise the Pine-Sol® higher and ask "is this safe to eat?" Children should respond "NO." Then raise the apple juice and ask "is this safe to eat?" Children should respond "YES."

Explain medicines carefully- even though some are safe to go in the mouth, children must understand that - ONLY A GROWN-UP SHOULD GIVE THEM THEIR MEDICINE.

Also explain that the labels on the cleaners and medicines may have "caution" words such as: caution, danger, warning, harmful, etc. and that they should be kept in a locked cabinet out of reach and sight of children.

Question: What is the safety rule for this lesson?

A) Don't Touch, Don't Taste, Ask First!

Finally, if you or someone you know should ever get poisoned, the Poison Center is always ready to help you. They are open 24 hours a day, 7 days a week, and 365 days a year. You can call them at 1-800-222-1222!

******Note: If a person is non-responsive, has difficulty breathing, is not breathing, or is having seizures call 9-1-1 immediately******

Lesson 5: Label Reading (3rd-5th Grade)

For this lesson you will need CLEAN, EMPTY containers (or photos). Examples:

Medicine	Vitamins	Ammonia
Floor cleaner	Dishwashing liquid	Bathroom cleaner
Mouthwash	Nail polish remover	Bleach
Rubbing alcohol	Glass cleaner	Windshield washer fluid

You will also need a large board or paper to write on and a marker to write with.

Q: How many of you help to clean your house work or do yard work?
Discussion: You probably see and use poisons every day. Things like household cleaners and gasoline for lawn mowers can be poisonous. These things are safe to use as long as they are used the right way and do not enter into your body. Unfortunately, many people get poisoned by these products every day.

Q: What is a poison?
A) A poison is something that can make you sick, hurt you or even kill you if you eat or drink it, smell it, splash it in your eyes or on your skin.

Q: Is there a way to tell if the household cleaners we use could be a poison?
A) Household products such as toilet bowl cleaners, scouring powders, and bleach come in labeled containers. These labels give us important information on how to use the products safely and about the possible dangers of the products. Labels often have words that tell us that the product is dangerous and that we should careful. We call these words "caution" words.

Q: What are some caution words that we may find on container labels? *(Wait for children to answer, and then add the ones they did not mention)*

A)	*Warning*	*Caution*	*Danger*	*Hazardous*	*Poison*
	Flammable	*Toxic*	*Beware*	*Harmful*	*Fatal*

Some people do not take the time to read container labels. They do not know that a product might be dangerous and they do not know how to use the product safely. That is why so many people get poisoned. I want you to remember this Safety Rule: Always read labels!

Remember that things that could be a poison should be stored in a locked cabinet, out of sight and reach of children. Always wait for a grown-up to give you your medicines and vitamins. If you take it by yourselves you may take too much, take it the wrong way, or take the wrong kind. Never touch strange plants or eat berries that are growing outdoors. They could be a poison. Always ask a grown-up first. If you are using a cleaner, always read the label and follow the directions. Ask a grown-up for help if you have any questions.

Activity:

Write the list of "caution" words on the large board or paper. Ask for volunteers to identify "caution" words. Select volunteers (one at a time) to come and select an EMPTY, CLEAN container, then find "caution" words on the label and put a check mark next to that word on the list. (Put away each container after it is selected). When all the containers are put away, add up the total number of times each "caution" word was found. Discuss the meaning of the words.

Lesson 5 (continued):

Finally, if you or someone you know should ever get poisoned, the Poison Center is always ready to help you. They are open 24 hours a day, 7 days a week and 365 days a year. You can call them at 1-800-222-1222!

******Note: If a person is non-responsive, has difficulty breathing, is not breathing, or is having seizures call 9-1-1 immediately******

(Give each child a Poison Prevention Word Search Activity Sheet as "homework")

Pre- and Post-Test for Children

The Testing Tools found in this section include: **Pre/Post-Test Masters** for children's programs. In addition, an **Answer Key** is included.

Using a **pre-test** will allow you to measure your audience's baseline knowledge of poisoning-related issues addressed in the program. Using a **post-test** will allow you to measure changes in your audience's poisoning-related knowledge as a result of participating in the program. The questions in the tests are based on the objectives of the programs.

To Use the Testing Tools:

1. Photocopy the **Pre/Post-Test Masters** for the program you are teaching. Make enough copies to use as a Pre-Test and a Post-Test. For example, if you have 30 people in your audience, make 60 copies of the Pre/Post Test Master.

2. Check Pre-Test on half of the test copies and check Post-Test on the other half.

3. Distribute the Pre-Tests to your audience prior to beginning your program. Collect the completed Pre-Tests before beginning your program.

4. Distribute the Post-Tests to your audience at the end of your program. Collect the tests once they are completed.

5. Grade the Pre- and Post-Tests using the **Answer Key** found in this section. To determine a change in knowledge, compare the answers given on the post-tests to those given on pre-tests. An improved score in the post-test indicates a change in knowledge.

There is also a **Program Evaluation Form** you may want to consider using. The Evaluation contains questions designed to gather information about your program and about you, as an instructor. This information will help you make improvements to your program.

***NOTE: The "Teaching Children about Poisons" Program testing tools are designed for children with reading and writing skills.*

Teaching Children about Poisons

Pre-Test_____
Post-Test_____

Instructions: Write in or circle the best answer on your sheet. This is not a test; you will not be graded.

1. What is a poison? _____
   _____

2. Name three poisons found in and around the home:
   a._____
   b._____
   c._____

3. Directions and safety information on bottle labels often start with the words:
   a. free careless helpful
   b. caution harmful warning
   c. foolish doubtful fearful

4. Reading the directions on the label of a poison will help you to:
   a. use the poison safely
   b. clean up if the poison spills
   c. close the cap on the bottle

5. Why should poisons be locked up?
   a. so they cannot be used
   b. so children don't find them and get poisoned
   c. so they don't get knocked over

6. Your mom asks you to clean the bathroom sink. Before using the cleaner, you should:
   a. rinse and wipe the sink out
   b. shake the bottle of cleaner
   c. read the label on the cleaner

7. Which is the best place to store a poison?
   a. in a cabinet under the kitchen sink way in the back
   b. in a locked cabinet, out of the sight and reach of young children
   c. in the bathroom on top of the counter

8. While using a cleaner to clean the kitchen counter the doorbell rings. Your little brother is playing close by. What should you do?
   a. put the cleaner back in a locked cabinet
   b. answer the door quickly before your brother finds the cleaner
   c. tell your brother to leave the cleaner alone

9. Just after your mom leaves to visit a friend, you see your little sister drink the floor cleaner that your mom was using in the kitchen. What should you do?
   a. call the Poison Center right away
   b. call your mom and tell her that your sister drank the floor cleaner
   c. give your sister something to drink and get her throw-up

-OVER-

10. Name two ways medicine can be a poison:
    a._____
    b._____

11. If a person who was poisoned will not wake up or is having trouble breathing, who should you call?
    a. the Poison Center
    b. the doctor's office
    c. 9-1-1
    d. a neighbor

12. When should you take medicine? _____

    _____

Pre- and Post-Test Answer Key *(Children)*

1. A poison is anything that can make you sick or hurt you if it gets into your body.
2. Any medicine, vitamin, poisonous plant, household product, or personal use product.
3. B
4. A
5. B
6. C
7. B
8. A
9. A
10. (A) If you take too much (B) If you take medicine that does not belong to you.
11. C
12. When you are sick or hurt and only when a grown-up gives it to you.

Program Evaluation

Please share your thoughts about our Poison Prevention Program!

Date of Program: _____

Instructor's Name: _____

1. Has your knowledge about poison prevention increased as a result of attending this program?

Yes _____ No _____ If No, please explain:

_____

_____

_____

2. Do you feel adequately prepared to handle a poisoning emergency as a result of attending this program?

Yes ____ No _____ If No, please explain

_____

_____

_____

3. Did this program meet your expectations? Why or why not?

_____

_____

_____

4. Which area (s) were most helpful?

_____

_____

_____

-OVER-

5. Which area (s) can be improved upon, and how?

_____

_____

_____

6. Please rate your instructor:

(5= strong, 4= somewhat strong, 3= average, 2= somewhat weak, 1=weak)

	Strong				Weak
Knowledge of Subject:	5	4	3	2	1
Clarity of Presentation:	5	4	3	2	1
Enthusiasm:	5	4	3	2	1
Ability to Answer Questions:	5	4	3	2	1
Speed of Presentation:	5	4	3	2	1

Comments/Suggestions:_____

_____

_____

_____

Thank you so much for your time!

Tic-Tac-Toe: Poison Prevention Game

PUT AN "X" ON THE PICTURE THAT IS A POISON.

Tic-Tac-Toe: Poison Prevention Game ANSWER KEY

THE CORRECT ANSWER WILL MAKE A STRAIGHT LINE ACROSS, DOWN, OR DIAGONALLY.

1-POISON 		**2- POISON** 
	**3- POISON** 	
4- POISON 		**5- POISON** 

Word Search

FIND THE WORDS THAT ARE USUALLY LINKED WITH POISON!
SEARCH DOWN, ACROSS, AND DIAGONALLY.

Bleach
Carbon Monoxide
Cleaners
Cosmetics
Danger
Harmful
Hurt
Medicine
Mold
Mushrooms
Paint
Pesticide
Plants
Sick
Snakes
Spider
Stay Away
Toxic

U	B	C	A	S	S	M	O	O	R	H	S	U	M	R
R	H	U	R	T	X	O	C	H	F	B	G	A	E	E
H	A	R	M	F	U	L	L	V	Z	L	M	G	D	J
R	E	D	I	P	S	D	Y	E	S	E	N	T	I	P
W	E	O	Y	T	N	R	B	C	K	A	A	C	C	E
H	R	E	V	I	A	P	I	L	D	C	Q	S	I	S
P	W	B	K	N	K	T	K	I	O	H	P	D	N	T
L	T	H	C	L	E	A	N	E	R	S	A	G	E	I
A	O	E	I	M	S	T	R	I	B	C	I	N	E	C
N	X	T	S	T	A	Y	A	W	A	Y	N	M	P	I
T	I	O	P	K	L	H	J	Y	C	Z	T	O	O	D
S	C	A	R	B	O	N	M	O	N	O	X	I	D	E

Word Search Answer Key

FIND THE WORDS THAT ARE USUALLY LINKED WITH POISON!
SEARCH DOWN, ACROSS, AND DIAGONALLY.

Bleach	Hurt	Plants
Carbon Monoxide	Medicine	Sick
Cleaners	Mold	Snakes
Cosmetics	Mushrooms	Spider
Danger	Paint	Stay Away
Harmful	Pesticide	Toxic

U	B	C	A	S	S	M	O	O	R	H	S	U	M	R
R	H	U	R	T	X	O	C	H	F	B	G	A	E	E
H	A	R	M	F	U	L	L	V	Z	L	M	G	D	J
R	E	D	I	P	S	D	Y	E	S	E	N	T	I	P
W	E	O	Y	T	N	R	B	C	K	A	A	C	C	E
H	R	E	V	I	A	P	I	L	D	C	Q	S	I	S
P	W	B	K	N	K	T	K	I	O	H	P	D	N	T
L	T	H	C	L	E	A	N	E	R	S	A	G	E	I
A	O	E	I	M	S	T	R	I	B	C	I	N	E	C
N	X	T	S	T	A	Y	A	W	A	Y	N	M	P	I
T	I	O	P	K	L	H	J	Y	C	Z	T	O	O	D
S	C	A	R	B	O	N	M	O	N	O	X	I	D	E

Word Scramble

UNSCRAMBLE THE POISON WORDS BELOW

1. A E N C L E R

C _ _ _ _ _ _

2. D E I M C N I E

_ _ D _ _ _ _ _

3. T I P A N

_ _ I _ _

4. H U O S M R M O

_ _ _ H _ _ _ _

Word Scramble Answer Key

UNSCRAMBLE THE POISON WORDS BELOW

1. A E N C L E R

C _L_ _E_ _A_ _N_ _E_ _R_

2. D E I M C N I E

_M_ _E_ **D** _I_ _C_ _I_ _N_ _E_

3. T I P A N

_P_ _A_ **I** _N_ _T_

4. H U O S M R M O

_M_ _U_ _S_ **H** _R_ _O_ _O_ _M_

Poison Scenarios 1

1. **You are over your friend's house and you are playing in the kitchen. Your friend's mom is making dinner. The telephone rings and she goes into the other room to answer it. On the kitchen table there are some things that she is using to cook and also some cleaning products on the counter. You and your friend want to taste some of the food, but you're not sure what things you can eat and what things you can't eat.**

   Q: What do you do?

   A) Wait until your friend's mom comes back and ask first.

2. **You are not feeling well and your mom takes you to the doctor. The doctor tells you that you will need to take medicine for a week to make you feel better. It's time to take you medicine, but your mom is in the shower.**

   Q: Do you take it by yourself or wait until she is finished?

   A) Wait for an adult before taking any medication.

3. **You are playing with your younger sister and you notice that she has put something in her mouth. You are not sure what it is.**

   Q: What do you do?

   A) Tell an adult right away.

4. **You go into the bathroom because you need something from the cabinet. The cabinet has a lock on it.**

   Q: Do you try to open it yourself, or ask an adult to get you what you need?

   A) Ask an adult and never open locked cabinets.

5. **You are playing in the back yard and your ball has bounced into some bushes. You go to get the ball, but you notice that it's behind a strange plant.**

   Q: What do you do?

   A) Tell an adult to get it.

6. **What number do you call in an emergency when no adults are around?**

   A) 911.

Poison Scenarios 2

1. **It is very hot outside today. You are very thirsty after walking all the way home from school and can't wait to get something to drink! On the kitchen counter is a bottle filled with yellow liquid that looks yummy.**
   Q: Should you drink it?

   A) NO! Never eat or drink anything when you are not sure what it is.

2. **You and your friend are running through your kitchen. You see a bottle full of what looks like candy and the bottle is open.**
   Q: What should you do?

   A) Ask a grown-up first, sometimes medicine looks like candy.

3. **Your dad asks you to go into the garage and get his hammer. While in the garage you see a soda bottle. It looks like it would be good to drink.**
   Q: Should you drink it?

   A) NO! Ask your dad first.

4. **Your mother is doing laundry. You see her pour something in a glass. It looks like water. Your sister wants you to get her something to drink.**
   Q: Should you give her the glass?

   A) NO! You are not sure what is in the glass so ask your mom first.

5. **Your brother has a cold. Your mom gives him some medicine to make him feel better. Your brother says the medicine taste like cherries. He says you can have some.**
   Q: What should you do?

   A) Never take medicine by yourself or medicine that belongs to someone else. Only a grown-up should give you medicine.

6. **While playing outside with a friend, you see some pretty red berries on a bush. Your friend wants to pick and eat them.**
   Q: What should you do?

   A) Tell your friend never to eat berries growing outdoors, they could be poisonous.

7. **Your friend takes medicine for asthma. He offers to let you try it.**
   Q: What should you do?

   A) Say NO! You should never take medicine by yourself or medicine that belongs to someone else. Only a grown-up should give you your medicine.

Bernie's Birthday Story

It was an exciting day at Jessica's house. It was her brother Bernie's birthday, and everyone was helping to get ready for the party. Daddy was blowing up balloons, Mommy was decorating the cake, and big brother was painting a sign that said "Happy Birthday Bernie."

Jessica jumped into the kitchen. "How can I help, Mommy?" she said. "I have a special job for you Jessica," her mother said, "I'm trying to decorate Bernie's birthday cake with frosting and he's trying to decorate it with his fingers. Would you take Bernie in the other room, maybe he'd like to play with his ball." "Yeah," smiled Bernie. "He does like his new ball, Mommy," laughed Jessica. "I saw him trying to eat it this morning, but it was too big for his mouth." "Bernie likes to put everything in his mouth," sighed Mommy. "Do you remember our poem about eating things you find, Jessica?" "Oh sure Mommy," said Jessica.

"It may look pretty. It may smell good. But before I taste it, I'll ask if I should."

"Great!" Mommy said. "Big 5-year-olds like you understand that the poem means you should never eat or drink anything without asking to see if it is safe or if it is a poison." "Bernie does not understand that, so when you are with Bernie, you must ask for him." "Okay Mommy," squealed Jessica as she chased Bernie into the living room. As they rounded the corner, they almost ran into their big brother, Mike, who was standing on a stool trying to hang Bernie's birthday banner on the wall. "Hand me the tape please, this needs an extra piece." "Sure Mike," Jessica said. "You've done a great job!" "I like the dinosaurs you painted on the sign, don't you Bernie?"

When Jessica looked down at Bernie to see if he liked the dinosaurs, she saw that he had picked up a can with paint brushes in it and was about to take a drink. "Wait Bernie!" Jessica said, as she snatched the can away. "You don't remember our poem, do you?"

"It may look pretty. It may smell good. But before I taste it, I'll ask if I should."

"Oh no!" Mike said as he jumped off the stool. "Did Bernie drink that?" "No" Jessica said. "We have to ask if it is safe first." "It's not! It's the stuff I got from the garage to clean my paint brushes." "You saved Bernie, Jessica, it would have made him very sick," Mike explained, as he took the can from Jessica. "Daddy told me that I should be very careful because this is poison." "Yuck," Bernie said. "Yes, yuck," Mike said as he headed for the garage to put the paint cleaner away. "I'm glad I stopped you Bernie," Jessica said as she gave Bernie a hug. "Who wants to be sick and in bed on their birthday?"

"Ding-Dong" went the doorbell. In burst Grandma and Grandpa. Grandma was carrying a giant bouquet of flowers from her garden, and Grandpa was balancing a basket of apples and a pile of presents. "Happy birthday Bernie!" Grandma said while reaching down to give Bernie a big hug, but instead of giving his grandma a hug, Bernie grabbed a handful of Grandma's flowers and stuffed them in his mouth. "Oh Bernie," Jessica moaned. "We didn't ask first." "Listen to your big sister, Bernie," Grandma said. "Not everything from my garden is safe to eat." "That's right," Grandpa said,

"It may look pretty. It may smell good. But before I taste it, I'll ask if I should."

"Why Grandpa," Jessica said, "you know Mommy's poem too?" "Yes," Grandpa laughed, "I was around when she learned it." Jessica's daddy popped his head out of the kitchen door, "It's birthday party time!" he said. "It's a good thing," Jessica said, "because I think Bernie is hungry." Everyone went into the kitchen and sat around the big table that Daddy had decorated with balloons. Grandma put her flowers in a vase next to Mommy's beautiful cake. Bernie laughed and clapped his hands as everyone sang "Happy Birthday." When Mommy gave him the first piece of cake, Bernie said "Yum," and grabbed it with his fingers and stuffed it in his mouth. Then

Bernie's Birthday Story (continued):

Mommy cut the second piece of cake and said, "This one goes to Jessica, my big helper." As she scooped on a spoonful of ice cream, she said,

"This does look pretty. This does smell good. It is safe to eat, since Mom said you could."

Teaching Adults about Poisons

When teaching adults about poisons, the program should be based on current research and current poisoning data. The goal is to provide adults with the knowledge and skills to:

- Identify poisons
- Prevent poisonings
- Respond appropriately in poisoning emergencies

Programs for adults/older adults can be conducted at:

- Places of employment
- PTA meetings
- Neighborhood association meetings
- Civic and community/volunteer organization meetings
- Health departments
- Hospitals
- Senior centers

After each program, the participants should be able to:

- State the purpose of the program
- State examples of common poisons
- Describe risk factors associated with poisoning for children and adults
- Identify individuals at risk of poisoning
- List strategies to prevent poisonings in the home
- Repeat the phone number of the Poison Center
- Describe the appropriate response for poison emergencies
- Describe the services provided by the Minnesota Poison Control System
- Describe the information to give to the poison specialist

Needed Materials

- Overhead projector (if using PowerPoint presentation).
- Chalkboard, Dry Erase Board, or Flip Chart
- Displays: Medicine and Candy Display; Look-a-Like/Safety Lock/Poisonous Plant Displays
- Copies of Audience Handouts (can be made from PowerPoint presentation)
- Poison Prevention Materials (See **Program Request and Material Order Forms** and **Public Education Material List**).
- Copies of Adult Program Pre/Post Tests

Don't forget to order your free poison prevention materials early to make sure you receive them in time for your program. Remember to return your **Program Report Form** after you have conducted a program!!

Lesson 1: Poison Prevention Awareness (Adults)

Discussion:

- **Today we will discuss life-saving poison information, but first I have a question…**
  Who do you think have more poison exposures- adults or children? (Allow answers)
- **Most people think of children when they think of poisoning. Children do have many more exposures than adults. However, adults suffer more serious injuries and deaths from poisonings than children.**

Every year in the U.S., over **2 million** unintentional poisonings are reported to the American Association of Poison Control Centers (AAPCC).

- **Children age 5 and under** were involved in over **40%** of reported poisonings last year.
- **Adults over age 20** were also involved in **over 40%** of reported poisonings last year and **over 90%** of the human fatalities reported to the AAPCC occurred in this age group.

The most common substances involved in poisonings reported to the Poison Center include:

- Analgesics (pain reliever)
- Household Cleaning Substances
- Cosmetics/Personal Care Products
- Sedative/Hypnotics/Antipsychotics
- Antihistamines
- Cardiovascular Drugs
- Antidepressants
- Pesticides
- Foreign Bodies/Toys/Miscellaneous

The most common route of poison exposure is by mouth (swallowed poison).

What are some things at home that can be a poison?

- Prescription and non-prescription medicines (including iron pills and pain relievers)
- Cleaning products that can cause burns (drain opener, toilet bowl cleaner, oven cleaner, rust remover)
- Auto fluids (antifreeze, windshield washer solution, gasoline)
- Carbon monoxide gas (from leaky furnaces and chimneys, gas stoves and water heaters, generators and space heaters used indoors)
- Hydrocarbons (furniture polish, lighter fluid, lamp oil, paint thinner, kerosene, turpentine)
- Pesticides (weed killers, ant and roach killers, garden chemicals)
- Wild mushrooms

What is a poison?

Any substance that can cause harm or even death if it is swallowed, inhaled, or splashed on the skin or in the eyes.

Poisons are found everywhere, and many everyday things such as medicines and cleaning products can be poisonous if they are used in the wrong way or in large amounts. Many people do not realize that common products around the home can be poisonous. Let's say you're cleaning your bathtub with a household cleaner and the product is not cleaning the way you expected; so, you add some bleach. Suddenly, you're coughing and your throat starts to burn … What would you do? (Allow answers**)**

Lesson 1 (continued):

If you are ever faced with this or other poisoning emergency, there are some very important steps you should take:

For Swallowed Poisons:

- ➢ Call the Poison Center immediately.

For Inhaled Poisons:

- ➢ Get the victim to fresh air immediately.
- ➢ Call the Poison Center.

For Poisons on the Skin:

- ➢ Remove contaminated clothing.
- ➢ Rinse the victim's skin with water for 20 minutes.
- ➢ Call the Poison Center.

For Poisons in the Eye:

- ➢ Flush the victim's eye with lukewarm water for about 20 minutes.
- ➢ Call the Poison Center.

- **Remember that help is just a phone call away. The important thing to remember is the toll free number…** 1-800-222-1222

- **The Minnesota Poison Control System is an emergency telephone service as well as an information center. Here is a brief summary of services that they provide:**
  - ♦ Poison emergency telephone service
  - ♦ Professional education
  - ♦ Public education
  - ♦ Research and data collection

- **When should you call the Poison Center?** (Allow answers)
  - ♦ If there's been a poisoning
  - ♦ If you're concerned about a possible poisoning
  - ♦ To ask a poison prevention question
  - ♦ To ask for poison prevention materials

Most poisonings can be treated right over the phone.

When you call the Poison Center for an emergency, you will be asked to give the following:

- ♦ Your name, phone number, and zip code
- ♦ The victim's name, age, and weight
- ♦ The name of the substance or poison
- ♦ The amount of the substance or poison
- ♦ The time the poisoning took place
- ♦ Any symptoms the victim has
- ♦ Any current health problems the victim has
- ♦ Any medicines the victim is taking

Lesson 1 (continued):

- If possible, take the poison or the container to the phone with you. You may be asked to describe the poison or give information from any labels on the container.

- **You must call 911 first …**
  - If someone collapses
  - If someone isn't breathing
  - If someone is having seizures
  - If someone won't wake up

- **There are several risk factors associated with unintentional poisoning. These include:**
  - Lack of supervision - Children left alone, even for a few moments, are at greatest risk of poisoning.
  - Improper storage - Potential poisons that are left within the reach of children increase their risk of poisoning. Be aware that household products and medicines that are stored in child-resistant packaging are not child proof! Children may be able to open these containers.
  - Children's curious nature - Children are curious and they like to explore. Sometimes they taste and inhale unsafe products or even get unsafe products on their skin or in their eyes.
  - Children's desire to mimic adult behavior - Children often mimic the behavior of adults. For example, children might take a medicine because they saw an adult take it.
  - Failing to read and follow directions - Failure to read and follow directions on product labels is a common reason adults get poisoned.

- **Poison Centers would rather prevent poisonings than treat them. Here are some poison prevention tips.**
  - Lock up medicines, vitamins, household cleaners, lawn care products, auto products, and cosmetics where children cannot see or reach them.
  - Read labels and follow the directions before taking or giving medicines.
  - Read labels and follow the directions on household products. Do not mix products!
  - Store products in their original containers and do not re-use empty containers.
  - Tell your doctor about any medications including vitamins and herbal supplements that you are taking.
  - Never give or take extra medicine if some get spilled; call your doctor or pharmacist first.
  - Never take medicine that belongs to someone else.
  - Do not use a kitchen spoon to take medicines, use a correct medicine spoon.
  - Request medications and household products in child-resistant containers, if they are not already in one.
  - Do not eat wild plants or mushrooms.

- **Despite our best efforts, sometimes poisonings can happen. Here's how to prepare yourselves in case of an emergency.**

Lesson 1 (continued):

- Post the number of the Minnesota Poison Control System on all telephones.
- Program the number into all telephones.
- Let family members, babysitters, and caregivers know where to find the number.

Ask for Questions:

(Answer any questions that you can, and refer others to the Poison Center)

Recap:

(Ask the audience the following questions to make sure the objectives are met).

1. What is a poison?
2. What are some common poisons?
3. What are some ways to prevent poisonings?
4. What do you do if a poisoning happens?

Ask the audience to repeat the phone number to the Poison Center

(1-800-222-1222)

Lesson 2: Poison Prevention (Adults)

Goal:
To decrease the frequency and severity of poisonings by:

- Increasing awareness of the Minnesota Poison Control System and the services provided
- Increasing knowledge to the types of products that are poisonous
- Increasing knowledge of poison prevention measures

What does the Poison Center do?

- The Poison Center offers information and guidance for poisoning emergencies 24 hours a day, seven days a week, 365 days a year.
- Our poison experts responded to over 60,000 calls last year.
- The services provided by the Poison Center include: poison emergency telephone service, professional education, public education, and research and data collection.

Staff:

- The staff consists of medical doctors, nurses, pharmacists, medical toxicologists, and health educators.

Poison facts:

- About 2 million unintentional poisonings are reported each year.
- Poisoning is the leading cause of unintentional injury deaths in the United States.
- Over 90% of poisoning deaths occur in adults over the age of 20 years.
- More than 40% of all poisonings occur in children under the age of six.
- Over 90% of poisonings that happen in residential settings can be handled safely at home by telephone consultation with the Poison Center.

What is a poison?

- A poison is any substance that can be harmful to humans if it gets in the body.
- Poisoning may occur when common household products are misused.

How can poisons enter the body?

- Ingestion (swallowed)
- Inhalation (breathe in)
- Dermal exposure (through the skin)
- Ocular exposure (through the eyes)

Examples of Poisons:

1. Medicine

Medicine can make sick people healthy and healthy people sick.

- Never share prescription drugs even if symptoms are exactly the same. Always finish the amount of pills that were prescribed even if you feel better.
- Never transfer medicine out of its original container. Always check the expiration date and throw out any expired medication.
- Never call medicine “candy” because vitamins and medicines may be shaped like fun characters and even taste good; this may confuse children.
- Never take medication in front of children. Often children like to imitate adults.

Lesson 2 (continued):

- Always read the labels and follow directions on the container.
- If you are taking more than one medication, make a list of all your medications to include the name, reason you are taking it, the amount you are taking, the times of day you are take it, and the name and phone number of the doctor who prescribed it

2. Cleaning Products

Many household cleaners can be safe to use, but can also cause harm if inhaled or ingested. They can also cause skin and eye irritations. Combining products, such as ammonia and bleach, can release a terrible chemical gas that can be deadly.

- Always keep household cleaners in their original containers (locked up and out of reach and sight of children). Never transfer them into other empty containers.
- Store food and cleaners separately.
- Rinse all containers before disposing them.
- Older children should be supervised when using cleaning products and younger children should be taught not to touch them.

3. Plants

Plants can make our homes look beautiful, but may also be poisonous. Sometimes only a part of the plant can be poisonous such as the leaf or petal.

- Know the names of all the plants in your home and yard.
- Label all plants with their names so you can identify a plant if it is eaten.
- Keep house plants, seeds, and bulbs out of the reach of children.
- Do not eat wild plants or mushrooms; cooking poisonous plants does not make them safe to eat.
- Remove mushrooms growing in your yard, and throw them away in a covered garbage can.
- Teach your children to never put any part of a plant into their mouths.

4. Carbon Monoxide

Carbon Monoxide (CO) is an odorless, colorless, tasteless gas that can be deadly. It is produced by the incomplete burning of fuel. Sources of carbon monoxide include:

- Oil, wood, or gas furnaces
- Space heaters (kerosene heaters)
- Gas or oil water heaters
- Gas stoves
- Gas dryers
- Fireplaces and wood stoves
- Charcoal grills
- Automobiles
- Lawn mowers and other gas powered lawn equipment

Symptoms of CO Poisoning include:

- ➢ Sleepiness
- ➢ Headache
- ➢ Nausea
- ➢ Dizziness/Confusion
- ➢ Shortness of breath
- ➢ Faint feeling
- ➢ Blurred vision

At moderate levels, these symptoms can resemble those of the flu; however, death can result if you continue to be exposed to CO.

When to Suspect CO Poisoning:

- ♦ Do symptoms occur in a certain place such as the home? Do they appear and go away when you enter or leave the house?
- ♦ Do others in the home have the same symptoms, and did they appear around the same time?
- ♦ Are you using fuel-burning appliances that have not been checked in a while?
- ♦ Is your garage attached to the house? Do family members start the car inside the closed garage?

If you answered YES to these questions:

- ➢ Get yourself and others outdoors into fresh air as fast as possible.
- ➢ Call the Minnesota Poison Control System at 1-800-222-1222.
- ➢ Call 911 if someone is seriously ill.

How to Prevent CO Poisoning:

- ♦ Have your fuel-burning appliances, venting, and chimney systems inspected by a professional technician at the beginning of each heating season.
- ♦ Choose appliances that vent to the outside and make sure they are properly installed and well maintained.
- ♦ Do not use an oven or gas range to heat your home.
- ♦ Do not let the fireplace or space heater run while you are sleeping.
- ♦ Never use charcoal grills inside your home, garage or inside a tent; only use in a well-ventilated area.
- ♦ Never leave an automobile engine running in a garage, even if the garage door to the outside is open. Fumes can build up quickly.
- ♦ Do not sleep in a parked car while the engine is running.
- ♦ Do not use any gasoline-powered engines, such as mowers, weed trimmers, chain saws, small engines, or generators in enclosed spaces.
- ♦ Install at least one carbon monoxide detector near the sleeping areas in your home.

5. Food Poisoning

Food poisoning is defined as any disease of an infectious or toxic nature caused by the consumption of food or drink. Most often, bacteria, viruses, or parasites can cause symptoms such as diarrhea, vomiting, fever, and stomach pain. *Salmonella* is a common bacteria found in raw meat, poultry, or eggs.

Lesson 2 (continued):

How to avoid food poisoning:

- Check the expiration dates on all foods, especially meats, poultry and dairy products; do not buy or use foods beyond their expiration dates.
- Do not use canned goods with bulges, leaks, or dents; this may be a sign that the food is unsafe to eat.
- Wash hands thoroughly with warm, soapy water before and after handling food and especially after using the bathroom.
- Keep raw food separate from cooked food; this prevents cross contamination from one food to another.
- Wash utensils and cutting boards after they have been in contact with raw meat or poultry and before they touch other food.
- Use one plate for raw meat and another plate after the meat is cooked.
- Refrigerate or freeze perishable food within two hours after buying or preparing. If room temperature is above 90°F, refrigerate perishable food within one hour.
- Cook meat, poultry, and seafood thoroughly. Meats should be cooked to an internal temperature of 160°F.
- Wash fruits and vegetables thoroughly to remove visible dirt and throw out the outermost leaves of lettuce and cabbage.

6. Cosmetics

Although cosmetics are intended to make us look and smell better, they can contain poisonous materials. Mouthwash, perfume, cologne, and other products contain alcohol and can be very dangerous if swallowed by a child. Perfume and other products can also cause eye irritation, allergic reactions on the skin, and wheezing or difficulty breathing for an individual with a weak respiratory system (due to asthma or other conditions).

What to do in a poisoning emergency:

The following is a list of first aid measures that can be taken in an emergency situation:

Swallowed poison:

- Do not induce vomiting
- Call the Poison Center

Inhaled poison:

- Get the victim to the fresh air immediately
- Open all windows and doors for fresh air
- Call the Poison Center

Poisoning in the eye:

- Flush the eye with lukewarm water for about 20 minutes
- Do not force the eyelid open
- Call the Poison Center

Poisoning on the skin:

- Remove contaminated clothing
- Rinse the victim's skin with water for 20 minutes

Lesson 2 (continued):

- Call the Poison Center

Poison Emergency Telephone Number
1-800-222-1222

******Note: If a person is non-responsive, has difficulty breathing, is not breathing, or is having seizures call 9-1-1 immediately******

Lesson 3: Safe Medication Use for Older Adults

Goal: The goal is to provide participants with the knowledge and skills to:

- ❖ Identify poisons
- ❖ Prevent poisonings
- ❖ Respond appropriately in poisoning emergencies

Objectives:

1. Participants will be able to explain what a poison is.
2. Participants will be able to list examples of common poisons.
3. Participants will be able to list ways to prevent poisonings.
4. Participants will be able to describe the appropriate response in a poisoning emergency.

Discussion: If you are age 65 or older, you could be taking more medicines than younger adults. Your body may process these medicines more slowly, this means that the medicines stay in your system for longer periods of time. Today we will discuss ways you can prevent medication poisoning.

What is a poison? A poison is anything that can hurt you if it gets into your body. Poisons are found everywhere. Things that we use every day can be a poison. These include medicines you take to the products you use to clean your home.

How can medicine be a poison?

- ♦ If you take the wrong amount (eg, take 2 pills instead of 1)
- ♦ If you take it the wrong way (eg, drops placed in the eye instead of nose)
- ♦ If you take it at the wrong time (eg, take it every 4 hours instead of every 8 hours)
- ♦ If you take someone else's medicine (eg, taking your spouse's medicine)
- ♦ If you do not understand and do not follow the directions (eg, taken with food instead of on an empty stomach – some foods can react with medicines).

What are some ways to prevent medication poisoning?

- ♦ Learn the number to the Minnesota Poison Control System – 1-800-222-1222
- ♦ Keep medicines in the original containers
- ♦ If you wear glasses, put them on before you take your medicine
- ♦ Always turn the lights on before you take your medicine
- ♦ Keep a log to keep track of when to take your medicine
- ♦ Keep all medicines out of reach and sight of children (if children are in the home or visit often)
- ♦ If you forget to take your medicine, call your doctor or the Poison Center before taking a double dose.
- ♦ Keep your medicine in a separate area from other people's medicine.
- ♦ If you take herbal medicines, vitamins or any over the counter medicines, let your doctor know
- ♦ Throw out old or expired medicines. Call the Poison Center for correct disposal.
- ♦ Call the Poison Center with any questions about your medicine.

Lesson 3 (continued):

Help is just a phone call away, if you or someone you know should swallow or inhale a poison or get poison on the skin or in the eye, call toll free at 1-800-222-1222

******Note: If a person is non-responsive, has difficulty breathing, is not breathing, or is having seizures call 9-1-1 immediately******

(You may copy and distribute the Medication Tracker [located under Adult Lesson Plans and Activities in the Resource Center]. Discuss the chart with the audience to make sure everyone understands how to complete it.)

Pre- and Post-Test for Adults

The Testing Tools found in this section include: **Pre/Post-Test Masters** for the Adult Programs. In addition, **Answer Keys** are included for each Program's test.

Using a **pre-test** will allow you to measure your audience's baseline knowledge of poisoning-related issues addressed in the program. Using a **post-test** will allow you to measure changes in your audience's poisoning-related knowledge as a result of participating in the program. The questions in the tests are based on the objectives of the programs.

To Use the Testing Tools:

1. Photocopy the **Pre/Post Test Masters** for the program you are teaching. Make enough copies to use as a Pre-Test and a Post-Test. For example, if you have 30 people in your audience, make 60 copies of the Pre/Post Test Master.

2. Check Pre-Test on half of the test copies and check Post-Test on the other half.

3. Distribute the Pre-Tests to your audience prior to beginning your program. Collect the completed Pre-Tests before beginning your program.

4. Distribute the Post-Tests to your audience at the end of your program. Collect the tests once they are completed.

5. Grade the Pre- and Post-Tests using the **Answer Keys** found in this section. To determine a change in knowledge, compare the answers given on the post-tests to those given on pre-tests. An improved score in the post-test indicates a change in knowledge.

There is also a **Program Evaluation Form** you may want to consider using. The Evaluation contains questions designed to gather information about your program and about you, as an instructor. This information will help you make improvements to your program.

Teaching Adults about Poisons

Pre-Test_____

Post-Test_____

Instructions: *Please answer the following questions by circling the correct answer. This is not an examination. You will not be graded.*

1. Which services does the Minnesota Poison Control System provide?
   (A) Poison emergency telephone service
   (B) Public and Professional education
   (C) Research and data collection
   (D) All of the above

2. What poisoning-related calls can you call the Poison Center about?
   (A) Medicine and vitamins
   (B) Plant poisonings
   (C) Drug overdoses
   (D) Animal/insect bites and stings
   (E) All of the above

3. Which age group is at greatest risk for poisoning?
   (A) Under 6 years of age
   (B) 6-19 years of age
   (C) 20-59 years of age
   (D) Over 60 years of age

4. Which of the following is the most common form of poisoning?
   (A) Ingestions (by mouth)
   (B) Inhalations (by nose)
   (C) Dermal (on the skin)
   (D) Ocular (splashed in the eye)
   (E) Injections

5. Approximately how many poisonings are **reported** in the United States every year?
   (A) 5 Million
   (B) 2 Million
   (C) 800,000
   (D) 150,000

6. Factors that increase the risk of a child being poisoned include all of the following EXCEPT:
   (A) Improper storage of poisons
   (B) Sleep deprivation
   (C) Desire to mimic adults
   (D) Lack of supervision
   (E) Curiosity

-OVER-

7. Most reported poisoning deaths are from which of the following groups?
   (A) Newborns
   (B) Adults
   (C) Teenagers
   (D) Animals
   (E) Children

8. When you call the Poison Center with an emergency, you will be asked to give which of the following?
   (A) The victim's weight
   (B) The victim's age
   (C) What poisonous substance was involved
   (D) What time the poisoning took place
   (E) You will be asked to give all of the above information

9. If you think a poisoning has occurred, the first thing you should do is:
   (A) Give Syrup of Ipecac to make the victim vomit
   (B) Go to the emergency department
   (C) Call an ambulance
   (D) Call the Poison Center
   (E) Wait to see if the victim develops symptoms

10. Which of the following is NOT a recommended way to protect children from poisons?
   (A) Using child-resistant containers
   (B) Storing poisons in their original containers
   (C) Keeping poisons out of sight and reach of children in a locked cabinet
   (D) Telling children not to touch the poisons under the kitchen sink
   (E) Reading and following directions before using medicine or household products

Thank you so much for your time!

Pre- and Post-Test *Answer Key*

Teaching Adults about Poisons Pre/Post Tests

1. D
2. E
3. A
4. A
5. B
6. B
7. B
8. E
9. D
10. D

Program Evaluation

Please share your thoughts about our Poison Prevention Program!

Date of Program: _____

Instructor's Name: _____

1. Has your knowledge about poison prevention increased as a result of attending this program?

Yes _____ No _____ If No, please explain:

_____

_____

_____

2. Do you feel adequately prepared to handle a poisoning emergency as a result of attending this program?

Yes ____ No _____ If No, please explain

_____

_____

_____

3. Did this program meet your expectations? Why or why not?

_____

_____

_____

4. Which area (s) were most helpful?

_____

_____

_____

-OVER-

5. Which area (s) can be improved upon, and how?

_____

_____

_____

6. Please rate your instructor:

(5= strong, 4= somewhat strong, 3= average, 2= somewhat weak, 1=weak)

	Strong				Weak
Knowledge of Subject:	5	4	3	2	1
Clarity of Presentation:	5	4	3	2	1
Enthusiasm:	5	4	3	2	1
Ability to Answer Questions:	5	4	3	2	1
Speed of Presentation:	5	4	3	2	1

Comments/Suggestions:_____

_____

_____

_____

Thank you so much for your time!

Printable/Foldable Medication Tracker (Front and Back)

My Med Tracker

Keep this in your wallet. To get the best care possible, healthcare providers need to know what medicines you are taking.

Name: _____

Address: _____

_____

Phone: _____

_____

Doctor: _____

Pharmacy: _____

Allergies to Medicines: _____

_____

Emergency Contact: _____

_____

Remember to…

- keep track of your medications taken throughout the day
- follow directions carefully and to never take more than the suggested dose
- put on your glasses and turn on the lights before taking your medicine(s)
- avoid sharing your medicine(s) with others
- keep your medicine(s) out of sight and reach of children

Call your Poison Center (1-800-222-1222) if you or someone else…

- takes too much medicine
- swallows, breathes in, gets sprayed in the eye by or touches something that is poisonous

Call 911 if someone…

- can not be woken up (unconscious)
- is having trouble breathing
- is shaking all over (seizure)

Your Poison Center is…

POISON Help
1-800-222-1222
Minnesota Poison Control System

- **open 24 hours a day, 365 days a year**
- here to help you with questions about your medicines, overdoses & poisonings
- staffed by pharmacists specially trained in treating poisonings

180-07516 1/17

List all medications and vitamins that you take every day and/or as needed

*Ex: Ranitidine, Zantac 150 mg 1 pill / 2 times a day

Name (common & brand names)	Dose	How Often

Product List: Substances Requiring Child-Resistant Packaging

According to the Poison Prevention Packaging Act (PPPA)**, the following substances are subject to regulation:

- Aspirin
- Furniture Polish
- Methyl Salicylate (liquid prep. containing more than 5% by weight)
- Controlled Drugs
- Sodium and/or Potassium Hydroxide (granules, powders, flakes)
- Turpentine
- Kindling and/or Illuminating Preparations (lighter fluids, torch fuel)
- Methyl Alcohol (Methanol)
- Sulfuric Acid
- Prescription Drugs
- Ethylene Glycol
- Iron-Containing Drugs
- Dietary Supplements Containing Iron
- Solvents for Paint or Other Similar Surface-Coating Materials
- Acetaminophen
- Diphenhydramine
- Glue Removers Containing Acetonitrile
- Permanent Wave Neutralizers (containing sodium bromate or potassium bromate)
- Ibuprofen
- Loperamide
- Mouthwash containing 3 or more grams of ethanol
- Lidocaine
- Dibucaine
- Naproxen
- Ketoprofen
- Fluoride
- Minoxidil
- Methacrylic Acid
- Over-the-Counter Drug Products
- Hazardous Substances Containing Low-Viscosity Hydrocarbons
- Drugs and Cosmetics Containing Low-Viscosity Hydrocarbons
- Imidazolines

** Because the Commission may add new rules from time to time, we recommend that you check periodically for new or revised rules in the Code of Federal Regulations.

Product List: Household Products

The products marked with an asterisk (*) can be very dangerous.
Be very careful when using and storing these potentially poisonous substances.

Kitchen/Laundry Area
air fresheners
ammonia
bleach
bug killers*
carpet/upholstery cleaners
cigarettes/chewing tobacco*
dishwasher detergents
disinfectants
drain cleaners*
fabric softeners
floor cleaners
furniture polishes
laundry detergents
liquor
metal cleaners*
oven cleaners*
medicines*
plants
rust removers*
scouring powders
spot removers
spray starches
vitamins

Bedroom
cigarettes/chewing tobacco*
cologne/perfumes
make-up
medicines*
plants

Bathroom
air fresheners
after-shave lotions
cleaners*
colognes/perfumes
false fingernail removers*
hair remover
hair styling products
lotions/creams/oils
make-up
medicines*
mothballs
mouthwash*
nail-polish removers
rubbing alcohol*
shampoos
shaving creams
soaps
toilet bowl cleaners*
vitamins

Yard
berries
bug killers*
fertilizers
flowers
flower bulbs
mushrooms
shrubs and trees
weed killers*

Garage/Basement/Storage
antifreeze*
bug killers*
fertilizers
gasoline
glues
kerosene
lighter fluids
lime*
lye*
mothballs
paints
paint thinners
pool supplies
rodent killers
turpentine
weed killers*
windshield wiper fluids*

Living Room
cigarettes/chewing tobacco*
liquor
plants
video or stereo cleaners
VCR/DVD cleaners

Product List: Poisonous Plants

The attached table lists common plants known to be toxic when ingested. While this is not a complete list, it contains many plants commonly found in home landscapes in the United States.

The purpose of this list is to familiarize you with some of the common plants known to have poisonous properties when ingested. Please note, that the term "POISONOUS" does not imply that the plant is fatal. Some plants may be only mildly toxic and may cause stomach ache or mild irritation of the mouth and throat when ingested. There are also a number of variables that determine how severe the poisoning symptoms may be, such as the age, weight, and health status of a person in relationship to the quantity of the plant ingested as well as the form that the plant was in at the time of ingestion. It is not the intent to discourage you from planting any of the plants on the list, but to make you aware of their potential hazard.

Ornamental plants reported to be toxic when ingested by humans

American Ivy/Virginia Creeper
Autumn Crocus
Azalea / Rhododendron
Belladonna / Deadly Nightshade
Birch Tree
Bird of Paradise
Bittersweet / Woody Nightshade
Caladium / Elephants Ear
Castor Oil Plant / Castor Bean
Chinese Lantern / Cape
Choke Cherry / Chokeberry
Devil's Ivy / Pothos
Dieffenbachia / Dumb Cane Elder (bark, shoots, leaves, roots, unripe berries)
Dogbane
Elephant's Ear / Philodendron
Foxglove
Holly (berries, leaves)
Jequirity / Rosary Pea
Jimsonweed
Larkspur
Lily of the Valley

Mayapple
Mistletoe
Monkshood
Morning Glory (seeds)
Peace Lily
Poison Hemlock
Poison Ivy, Oak, Sumac
Pokeweed / Pokeberry
Poppy
Red Buckeye / Horse Chestnut
Water Hemlock
Wild Mushrooms
Yew

Product List: Bites and Stings

The following is a list of the most common insects, spiders, snakes, and fish that can cause poisoning:

Insects
Bees
Fire Ants
Hornets
Saddleback Caterpillars
Scorpions
Ticks
Wasps
Yellow Jackets

Spiders
Black Widows
Brown Recluses

Snakes
Copperhead
Coral Snake
Cottonmouth/Water Moccasin
Eastern Diamond Back Rattle
Pygmy Rattle Snake
Timber Rattle Snake

Fish
Catfish
Jellyfish/Portuguese Man-of-War
Stingrays

Effective Presentation Tips

- **Know your audience**

  The more you know about your audience, the better prepared you will be. You should modify your program to your audience's specific needs and interests. Establish what your audience already knows about poisoning so you can modify your messages. Learning will occur when you build on what your audience already knows. In addition, make sure the information you are presenting is age appropriate. For example, when teaching children, keep words simple and ideas concise and to the point.

- **Know your subject matter**

  Knowledge gives you confidence. It is important to review your manual and be prepared! In addition, memorize your introduction. The first two minutes of your presentation are the most important. Your audience may remember nothing more than what you say in the beginning and end of your presentation so make them memorable! (See *Preparing an Introduction* in the Tips section of the Resource Center for more details).

- **Speak, do not read**

  Be familiar with your material so you do not have to read from your outline and/or notes. Be sure to speak clearly, loudly, and enthusiastically. Ask your audience early in your program if you are speaking loud enough. Maintain eye contact. This gives you authority from the audience's perspective.

- **Use appropriate body language**

  Smile! Non-verbal communication is just as important as verbal communication. You must appear honest and inviting to your audience. For example, if someone asks a question, open and extend your arm with your palm facing up to acknowledge the individual. Do not motion to people with your head or point. Do not cross your arms in front of you or stand behind a podium. These actions send negative messages to your audience and you will lose credibility. Maintain eye contact to keep your audience's attention.

- **Make it interesting**

  Use different methods of presentation to keep your audience's attention. Examples of methods include: Lectures, discussions, stories/case studies, role playing, videos, PowerPoint, displays, group interaction, humor (when appropriate), and repetition.

- **Slice of life**

  Talk about real life poisoning cases and their outcomes. Use vivid descriptions and illustrate your story. This appeals to the emotions and draws your audience in.

- **Involve your audience**

  Ask your audience to share their stories about poisoning. Interact with your audience members by asking them questions and encouraging them to partake in the discussion. In addition, provide

  a copy of the outline from PowerPoint slides and encourage your audience to take notes. Writing requires us to think and process. This improves learning.

  Remember the saying:

What I hear, I forget;
What I see, I remember;
but what I do, I understand.

- **Summarize, Summarize, Summarize**

  Remember to summarize and reinforce key points throughout your program. Allow enough time at the end of your program to recap key points and for the audience to ask questions.

Preparing an Introduction

- **Introduce yourself**

- **Gain your audience's attention by one of the following:**
    - Tell a story
    - Ask the audience to talk about their experiences
    - Use a startling statement or statistic
    - Use a quote
    - Ask a question
    - Refer to a current story or case
    - Begin with a vivid description of a poisoning

- **State your purpose and lay out your agenda**

- **Tell the audience your goals and objectives, and how you plan to meet them**

- **Explain how the audience will benefit**

We encourage you to evaluate your program using the evaluation tools (pre/post-tests) found in the **Resource Center.**

Preparing for an Interview

- Organize your information. Write important points on note cards.

- Prepare to make simple, direct, easy-to-understand statements to fit questions you may be asked.

- If you don't have the answer to a question, be honest with the reporter and say you don't know the answer but you will get back to them as soon as possible.

- After the event, stay available. Encourage the media to contact you with follow-up questions.

Principles of Writing a News Release

- Give most important details first. Begin with a headline that summarizes the release. The first paragraph should answer the five questions: “who, what, where, when, and why?”

- Keep it short and simple. News releases should be no more than two pages and double-spaced. The type face should be clean and easy to read.

- Format the release correctly. Include the date, contact information, and a headline. Type your news release on a letterhead.

- Begin the news release with the name of your city and the date.

- If the release is longer than one page, type “-more-“ at the bottom of each page, except the last. Signify the end of the release by typing “###” or “-30-“centered after the last sentence.

- Be careful with language. Avoid using slang or technical terms.

- Use quotes generously. Quotes keep it real.

- Check for accuracy. Be sure to verify all spelling, facts, statistics, names, and titles.

- Keep it factual. Don’t say anything you cannot back up with verifiable facts.

- Address the release correctly. Make sure you have the right person and that their name is spelled correctly.

News Release Sample

FOR IMMEDIATE RELEASE
(insert date)

For more information contact:
(insert your name, phone number, and E-mail address)

FATAL ATTRACTION: POTIONS AND PILLS
(insert the name of your organization)* Kicks off Poison Prevention Awareness Campaign, *(insert NPPW date)

(insert your city, your state -- release date) – Poisoning is one of the leading causes of injury and death in the United States. Last year, the Minnesota Poison Control System responded to over 50,000 poison exposure calls. Almost half of the calls involved children under the age of five. It can take only seconds for a child to reach for poisonous cleaners, cosmetics, or medications possibly resulting in serious injury or even death. During March **(## to ## (insert date, usually 3rd week in March))** ***(insert your organization)*** and the Minnesota Poison Control System will kick off a week-long campaign to raise awareness of the dangers of unintentional poisonings, and to inform people of the necessity of keeping potential poisons away from children at all times.

Children under the age of five are particularly at risk for poisoning due to their stage of development. As a child's mobility increases, so does his ability to reach for a dangerous product. Young children constantly explore the world around them, touching and tasting everything they see. Unfortunately, the results can be devastating.

FATAL ATTRACTION -- Add one:

1. The goal of this campaign is to teach people how to protect children and others from the harm of poisons. ***(insert localized quote here.)***

2. During National Poison Prevention Week, the Minnesota Poison Control System reminds you to make your home safe by poison proofing it. Keep the number of the Minnesota Poison Control System on or

near your telephone, and if a poisoning occurs, call the center immediately. The free service is available 24-hours a day, 7 days a week:

Toll free number
1-800-222-1222
TTY for the deaf and hearing impaired

3. To help keep your family safe, the Minnesota Poison Control System suggests keeping potential poisons such as household products and medicines in child-resistant containers stored in locked cabinets, out of the reach and sight of children. In addition, the Center recommends that you read and follow label directions before using any household products or medicine.

4. Poisonings are preventable – but it's up to you. For more information about poison prevention call ***(insert local contact at local number)*** or the Minnesota Poison Control System's Education Department at 612-873-5644 or visit the Minnesota Poison Control System's website at www.mnpoison.org.

###

Radio Public Service Annoucement Samples

FOR IMMEDIATE RELEASE
(insert date)

For more information contact:
(insert your name, phone number, and E-mail address)

FATAL ATTRACTION: POTIONS AND PILLS
NATIONAL POISON PREVENTION WEEK, (Insert date)

(:10)
_____ **(*insert organization name*)** reminds you that poisonings can be prevented by storing your poisonous products in their original containers, in locked cabinets out of the reach and sight of your children. For more information, call ____ **(*insert organization name and phone number)*** *o*r visit the Minnesota Poison Control System's website at www.mnpoison.org.

(:10)
March _____ (**insert date**) is National Poison Prevention Week. _____ **(*insert organization name*)** and the Minnesota Poison Control System remind you to store your poisons safely, use your poisons safely, and know what to do in a poison emergency. To learn more about preventing poisoning, contact ____ ***(insert organization name and phone number)*** or visit the Poison Center's website at www.mnpoison.org.

(:30)
According to the Minnesota Poison Control System, over 60,000 people call about poison-related questions each year. Over 40% percent of these exposures involve children. The Poison Center reminds you to keep all potential poisons, such as household and laundry cleaners, medicine and vitamins, cosmetics, automotive products, and gardening products stored in locked cabinets out of the reach and sight of your children. For more information, visit the Poison Center's website at www.mnpoison.org.

(:45)
FATAL ATTRACTION: Potion and Pills. In observance of this year's National Poison Prevention Week, the Minnesota Poison Control System reminds you that some medications are extremely dangerous if ingested by children. Keep all medicine and vitamins in child resistant containers and store them in locked cabinets out of the reach and sight of your children. After each use, be sure that you re-cap the medicine bottle tightly and put it back in a locked cabinet. For more information, visit the Poison Center's website at www.mnpoison.org

Creating Displays: Look-A-Like Display

Description: A look-a-like display is a variety of poisonous items that look almost identical to non-poisonous items. The purpose of a look-a-like display is to show parents and children how easily a poison can be mistaken for something good to eat or drink.

Materials:
Look-a-like examples:

Powdered cleanser and Grated parmesan cheese
Grape cough syrup and Grape juice
Cherry cough syrup and Fruit punch
Pine cleaner and Apple juice
Orange colored drink and Orange colored cough syrup
Eye drops and Super glue
Water and Rubbing alcohol
Muscle cream and Toothpaste
Blue glass cleaner and Blue sports drink

***NOTE: The above items were chosen for illustrative purposes only. The Minnesota Poison Control System does not intend to imply that these items are dangerous if used as directed*.

Preparation:
Gather pairs of poisonous and non-poisonous items and display them on a table in closed containers, never display in a cup (where it may be easy for a child to get to).

***NOTE: To find additional pairs simply go to a grocery store and walk through the cleaner, medicine, and juice/sports drink aisles. You will be amazed at the large number of look-a-likes that can be found!*

Instruction:
Show audience the look-a-like pairs and discuss them.

Creating Displays: Medicine and Candy Binder

Description: A medicine and candy binder is an effective way to show adults how difficult it can be to distinguish between medicine and candy, especially for children.

Materials:

A 3 inch binder
Several 3 hole clear plastic sheet protectors
Several 8 ½ x11 white copy sheets
Several snack size closable plastic bags
Tape and scissors

Gummy Vites® vitamins and GummyBears® candy
Throat drops and same color candy
Green cold formula caplets and Jelly beans
Aspirin and Smarties
Flavored Tums® tablets and same color SweetTarts®
White Tylenol® extra strength caplets and Good' n Plenty®
Cold relief pops and Lollipops
Red Tylenol® extra strength tablets and Red Hots® candy
Exlax® and chocolate bar

***NOTE: The above items were chosen for illustrative purposes only. The Minnesota Poison Control System does not intend to imply that these items are dangerous if used as directed.*

Preparation:

1. Make a label for the outside of your binder titled: *"Can You Tell the Difference?"* or "*Is it Candy or Medicine?"*
2. Place a few of each pills into separate plastic bags. Do the same for the candy.
3. Tape each pair of look-a-like candy and medicine bags onto the copy sheet next to each other.
4. On the backside of the copy sheet (behind the product), write the name of each product or cut and tape the label from the actual product.
5. Then insert each sheet into the plastic sheet protector and place it in the binder.

Instruction:

Use the binder in a guessing game. Have children or adults line up, and one at a time, decide which bag contains the candy and medicine. They can flip the page to see if they are correct.

Creating Displays: Poisonous Plant Display

Description: A poisonous plant display of real or fake (silk or plastic) poisonous plants is an effective way to increase awareness about poisonous plants. You will find a complete listing of poisonous indoor and outdoor plants in the Resource Center.

Materials:

Real or fake (silk or plastic) poisonous plants (available at craft stores or plant nurseries)

Preparation:

Set display on table

Instruction:

Show audience the display as you discuss poisonous plants

Creating Displays: Safety Lock Display

Description: A safety lock display is an effective way to show devices that are available to help poison prevent poisoning in your home. Safety locks can be purchased at department stores in the infant and children's section, discount stores, pharmacies, baby stores, and some grocery stores.

Materials:

Safety locks for cabinets, drawers, and doors
36 x 24 bulletin board
Colored paper

Preparation:

1. Cover the bulletin board with paper.
2. Create a heading for the board such as: "Keep Poisons Locked Up!"
3. Attach the locks to the board either in or out of the package. If you take them out of the package to display, label how they should be used (i.e. on a cabinet, drawer, door etc.).

Instruction: Show audience the display as you discuss poison prevention measures.

Safety locks are just one of the methods to slow down a child's access to poisons but many children are still able to get them open. Some other prevention tips that can be shared include:

- Using child-resistant caps on products
- Keeping products and medicines up and away and out of sight and reach
- Teaching children to "ask first"
- Remembering that close supervision is always important

****Make sure to remind people to NOT rely solely on locks to keep their children safe.****

Frequently Asked Questions (FAQs)

This section addresses commonly asked poisoning-related questions. Suggested responses are provided for each question. If the suggested responses do not fulfill the needs of the person asking the question, please refer them to the Minnesota Poison Control System's phone line at 1-800-222-1222. The staff of the Poison Center can answer most poisoning-related questions. If you are asked a question that we have not addressed and you do not feel comfortable answering, again, please refer them to the Poison Center.

General:

How much of_____ would it take to kill or hurt someone?

The Poison Center does not recommend answering questions of this nature. There is the potential for the information you provide to be used to intentionally harm someone. If asked a question such as this, simply say you are not able to provide this information. You may refer them to the Poison Center's emergency phone line at 1-800-222-1222 if necessary.

How much _____ would poison my child?

There is not one answer to this question. It depends on the type of poison, the amount of poison involved, and the age, size, and weight of the victim.

What is the most common poison?

The top five substances involved in poison exposures include:

- Analgesics (Pain Relievers)
- Antidepressants
- Sedatives, Hypnotics, Antipsychotics
- Household Cleaners
- Cosmetics and Personal Care Items

Household Products:

My child likes to eat his/her toothpaste. Is this dangerous?

The active ingredient in toothpaste is fluoride. There is not enough fluoride in a tube of toothpaste to cause serious toxicity. However, ingesting large amounts of toothpaste over a prolonged period of time can result in nausea and vomiting.

What should I do with the mercury from a broken thermometer so no one gets poisoned?

If mercury is spilled and not cleaned up, it vaporizes. These fumes are poisonous if inhaled. Any spilled mercury should be cleaned up immediately to prevent vaporization. Call the Poison Center for advice on cleaning up spilled mercury.

Can mouthwash be dangerous?

Yes! All mouthwash contains alcohol in varying amounts. To a young child, even a small amount of alcohol can be deadly. It is possible for a child to drink a large amount of mouthwash because it tastes good. Keep all mouthwash and other hygiene products out of the sight and reach of children in a LOCKED cabinet.

When buying an insect repellent for children, how much DEET is harmful?

DEET is one of the most common ingredients in insect repellents. DEET is absorbed through the skin. In high concentrations, DEET can have harmful side effects. The American Academy of Pediatrics (AAP) recommends that repellents should contain no more than 30% DEET when used on children. Insect repellents are not recommended for children younger than 2 months. Always read the label before using any repellent.

Medicines:

I found some pills in an unlabeled bottle. How do I find out what they are?

Take the pills to your pharmacist. He/she can identify them for you. If the pharmacist cannot identify the pills, he/she can call the Poison Center.

Is it dangerous to take expired medicine?
Yes! Medicine changes over time, leaving it in a toxic or ineffective form. The expiration date is provided for your protection. Never take expired medicine.

If my medicine has expired, what is the proper way to dispose of it?
Properly dispose of medicines in a take-back location or by following the instructions on the label. To find take-back programs in your community: visit www.disposemymeds.org, contact your local government's household trash and recycling service, call your local non-emergency law enforcement number, or contact the Poison Center at 1-800-222-1222.

Plants:
Are poinsettias really deadly?
Poinsettias are not fatal, as commonly thought. If ingested, poinsettias can cause stomach upset and mouth irritation. All plants should be kept out of the reach of children.

Emergency Response:
What should I do if my child swallows_____?
Call the Poison Center immediately. Because every poisoning is different, the treatment advice will differ depending on the type and amount of poison involved, and the age, size, weight, and medical history of the victim.

What is activated charcoal?
Activated charcoal is a gritty, unflavored substance that binds to certain poisons to minimize absorption of the poison. The poison is then eliminated through bowel movements. Activated charcoal is used in hospitals. **The Poison Center does NOT recommend using activated charcoal in the home.**

What does a poisoned person look like?
A poisoned victim may or may not look, act, or feel sick. If you suspect a poisoning has occurred, call the Poison Center immediately. Do not wait for symptoms.

What is Syrup of Ipecac?
Syrup of Ipecac is a plant extract that is used to make a person vomit. In 2003, The American Academy of Pediatrics (AAP) issued its new guideline on Syrup of Ipecac. The Poison Center is in agreement with the AAP guideline and recommends that **Syrup of Ipecac should no longer be used as a home treatment for poisonings.**

Minnesota Poison Control System:
What number do I call if I have a poison emergency?
From anywhere in the country, you can call the national toll-free poison emergency hotline, 1-800-222-1222. The hotline works on the same principal as 911. It will automatically and immediately identify the caller's location and connect the caller to the closest poison center. The Poison Center also has TTY services for the deaf and hearing impaired and interpreter services for individuals with limited English proficiency.

Who answers the phone at the Poison Center?
At the Minnesota Poison Control System and other poison centers across the country, phones are answered by specially trained experts - nurses, pharmacists, and doctors. They answer the phones 24 hours a day, seven days a week, and 365 days per year.

Can I call the Poison Center if I just have a question, not a poison emergency?
Yes! The Poison Center can answer most poison-related questions.

Poisoning Prevention:

Where can I buy safety locks?

Any store specializing in items for infants or children should carry safety locks. In addition, some grocery stores and pharmacies carry safety locks.

What is the law regarding child-resistant containers?

In 1970, Congress enacted the Poison Prevention Packaging Act (PPPA) (15 U.S.C. §§ 1471-1476) to protect children from poisonings resulting from the unintentional ingestion of hazardous household substances. The PPPA authorizes the US Consumer Product Safety Commission (CPSC) to require the use of special child-resistant packaging for various drugs and household products. Child-resistant packaging is defined by the PPPA to be packaging that is "difficult for children under the age of five to open or obtain a toxic amount within a reasonable time" but "not difficult for normal adults to use properly." Child-resistant packaging does not mean the packaging is child proof. Some children **can** open child-resistant containers.

The CPSC revised its child-resistant packaging regulations in 1996 to ensure the packaging is both child-resistant and "adult-friendly." Now child-resistant packaging is tested with children under the age of five and with adults ages 50-70. A variety of adult-friendly child-resistant packaging styles are now being used.

What substances are covered by the PPPA?

The following substances are currently subject to regulation**:

- Aspirin
- Furniture Polish
- Methyl Salicylate (liquid prep. containing more than 5% by weight)
- Controlled Drugs
- Sodium and/or Potassium Hydroxide (granules, powders, flakes)
- Turpentine
- Kindling and/or Illuminating Preparations (lighter fluids, torch fuel)
- Methyl Alcohol (Methanol)
- Sulfuric Acid
- Prescription Drugs
- Ethylene Glycol
- Iron-Containing Drugs
- Dietary Supplements Containing Iron
- Solvents for Paint or Other Similar Surface-Coating Materials
- Acetaminophen
- Diphenhydramine
- Glue Removers Containing Acetonitrile
- Permanent Wave Neutralizers (containing sodium bromate or potassium bromate)
- Ibuprofen
- Loperamide
- Mouthwash containing 3 or more grams of ethanol
- Lidocaine
- Dibucaine
- Naproxen
- Ketoprofen
- Fluoride
- Minoxidil

- Methacrylic Acid
- Over-the-Counter Drug Products
- Hazardous Substances Containing Low-Viscosity Hydrocarbons
- Drugs and Cosmetics Containing Low-Viscosity Hydrocarbons
- Imidazolines

*** Because the Commission may add new rules from time to time, we recommend that you check periodically for new or revised rules in the Code of Federal Regulations.*

May an individual request that all of his/her prescriptions be filled in non-child-resistant packaging?
Yes. A patient may request a pharmacist, preferably in writing, to have all of his/her medicines placed in non-child-resistant containers.

Section 3: Educator Forms

- All educational forms can be found in the online training Resource Center, including information on requesting materials and the Program Report Form.

- The Public Education Material List can be found on the next page of this manual.

Public Education Material List

Available to Order: Magnets, Stickers, and Poison Center Brochure (English)

National Poison Help Magnets
Poison Help magnets listing the national 1-800-222-1222 number.

Emergency Telephone Sticker Sheets
Sheet of 2 stickers listing the national 1-800-222-1222 number.

Your Poison Center
Explains the mission and services of the Poison Center (English).

Downloadable Brochures

Preventing Poisonings in the Home (Free to Download/Self Printing)
Provides information on preventing poisonings and first-aid for poisonings. Includes a Home Safety Checklist to poison-proof the home.

Poisonous Plants (Free to Download/Self Printing)
Lists poisonous indoor and outdoor plants. Contains prevention and first-aid information. Includes illustrations of common poisonous plants including Poison Ivy, Oak, and Sumac.

Bites, Stings, and Other Things (Free to Download/Self Printing)
Provides first aid and safety tips for insect bites and stings.

Medicine Safety (Free to Download/Self Printing)
Provides safety tips for the safe use and storage of medicines. Discusses safe methods to administer medicines to children. Includes a Medicine Safety Checklist.

Food Poisoning (Free to Download/Self Printing)
Explains safety tips for the shopping, storage, preparation and serving of foods.

Carbon Monoxide (CO) (Free to Download/Self Printing)
Discusses possible sources, how to detect a CO problem, and prevention tips.

Pesticide Safety (Free to Download/Self Printing)
Explains safety tips for the buying, storage, application, and disposal of pesticides.

Your Poison Center (Non-English Versions are Free to Download/Self Printing)
Explains the mission and services of the Poison Center. Available in Arabic, Chinese, French, Hmong, Korean, Polish, Portuguese, Russian, Somali, Spanish, Thai, and Vietnamese.

Synthetic Drug Brochure (Free to Download/Self Printing) Explains what synthetic drugs are, why they are dangerous, and different types of synthetic drugs.

Section 4: Internet Resources

Links to information on sites other than those operated by or on behalf of the Minnesota Poison Control System are for your convenience only and are not an endorsement or recommendation of those sites. The Poison Center does not control or provide any content or information at these sites, makes no representation or warranty of any kind with respect to these sites or their content, and does not maintain, operate, or take responsibility for information provided. The Poison Center does not endorse and is not responsible for the accuracy or reliability of such content or information and any use thereof is solely at the user's risk.

- Agency for Toxic Substances and Disease Registry (ATSDR)
- American Academy of Clinical Toxicology (AACT)
- American Academy of Pediatrics (AAP)
- American Association of Poison Control Centers (AAPCC)
- American Council for Drug Education (ACDE)
- American Foundation for Suicide Prevention
- Animal Poison Control (ASPCA)
- Centers for Disease Control and Prevention (CDC)
- Children's Health Environmental Coalition (CHEN)
- Children's Safety Network (CSN)
- CNN Health Information
- Consumer Product Safety Commission (CPSC)
- Consumer Healthcare Products Association (CHPA)
- Department of Agriculture (USDA)
- Emergency Medical Services for Children (EMSC)
- Environmental Protection Agency (EPA)
- FCD Educational Services
- Food Safety Information Center
- Health Resources and Services Administration (HRSA)
- Learn About Chemicals around Your Home
- National Center for Injury Control and Prevention
- National Council on Alcoholism and Drug Dependence (NCADD)
- National Fire Protection Agency (NFPA)
- National Inhalant Prevention Coalition
- National Institute on Drug Abuse
- National Library of Medicine
- National Pesticide Information Center
- National Toxicology Program
- Occupational Safety and Health Administration (OSHA)
- Partnership for Drug-Free Kids
- Safe Kids Worldwide
- Substance Abuse Mental Health Services Administration (SAMHSA)
- US Department of Housing and Urban Development – Lead Safe Home
- US Food and Drug Administration (FDA)

Thank you for completing our online course and/or reading this manual! We would also like to acknowledge the Georgia Poison Center for their collaborative efforts on this project.