



## **POISON PREVENTION WEEK MARCH 18-24<sup>th</sup>, 2012**

- Mary woke up and took her prescription meds after brushing her teeth. Then she took them again while drinking her coffee.
- Andrew (2 y/o) swallowed a button battery that was in the musical greeting card that he had been playing with.
- Suzan gave her 6 year old daughter her ADHD medication and then unknowingly her husband Mike gave it to her again.
- Bridget broke a CFL bulb in the kitchen and isn't sure what exactly she should do but she thinks it may be a problem.
- Pete took the dog's worm medicine out of the bottle and laid it on the counter to give to the dog but now can't find it and his 3 y/o son is chewing something.
- Megan's entire family is having flu-like symptoms and severe headaches and she is unsure if it is from the furnace that has been acting up or if it's from something they all ate last night.
- James was cleaning his car and decided to clean the tires with a cleaner he found in the garage. His hands look normal but they are extremely painful. He is wondering if it is from the tire cleaner.
- Kendra took several Tylenol last night for a toothache, and then took some acetaminophen too. Now she has vomiting and wonders if she took too much medicine.

These are examples of the type of calls that the Nebraska Regional Poison Center (NRPC) has received every day for the last 55 years. The poison center isn't just a place to call when a small child is poisoned. You may be surprised to learn that only half of the calls received concerned a young child.

More adults die from poisonings than children. Death by unintentional poisonings is now ranked first as the leading cause of unintentional injury deaths in the United States. The Centers for Disease Control and Prevention latest statistics show that 100 people die every day from unintentional poisoning deaths in the United States. Drug overdose deaths have more than tripled since 1990.

National Poison Prevention Week raises awareness of the dangers of poison exposure and reminds the public that they can call their poison center and a Registered Nurse will give them quick, reliable and free assistance. That one call anytime of the day or night will have you talking to a RN immediately and likely save you a costly trip to the doctor's office or emergency room.

Poison centers are at least three times more cost effective than child safety seats, smoke detectors and bicycle helmets. Poison centers are as cost effective as childhood immunizations. Every dollar spent on a poison center saves about \$7 in unnecessary health care expenses. 1-800-222-1222 is one of the most important numbers you can have in your home. Call us anytime- we are always here- saving lives and money.