



# Staying Safe While Staying Home: Poison Prevention & Medicine Safety

NYC POISON CONTROL CENTER

# What We Will Discuss Today

- ▶ COVID-19 and staying home
  - ▶ Increased risk for unintentional poisonings
    - ▶ Cleaning products
    - ▶ Medicines
    - ▶ Families together
- ▶ NYC Poison Control Center (NYC PCC)
  - ▶ Treatment advice for exposures
  - ▶ Questions about products and medicines
- ▶ Resources

# Before We Get Started

- ▶ As is the case with our in-person trainings, recording this workshop is not allowed.
- ▶ Do not record, distribute or post the content from our session on any platform
  - ▶ Social media, websites, internet, emails, etc

# Poison Control Centers

- ▶ Provide treatment advice and information
  - ▶ Unintentional and intentional poisonings
- ▶ 24 hours a day, 7 days a week
- ▶ Nationally, 55 Poison Control Centers in the US
  - ▶ Each year, 2 million cases are reported
    - ▶ More than 50% (1 million) involve children under 6 years old
    - ▶ 75% managed in the home
- ▶ Mission is to reduce unnecessary ED visits

# New York City Poison Control Center

- ▶ Serves the five boroughs of NYC, Nassau, Suffolk, Westchester Counties
- ▶ All calls are free and confidential
- ▶ Translation Services available in more than 150 languages
- ▶ Registered pharmacists and nurses certified in poison information answer all calls

# Telephone Numbers



National Number

Local Number

212-764-7667



# Examples of Recent Calls to NYC PCC during COVID Outbreak

- ▶ Individuals mixing ammonia and bleach when cleaning the home to disinfect.
- ▶ Children accessing gummy products (vitamins, melatonin) from kitchen table or in bedroom.
- ▶ Taking two medicines that contain acetaminophen to treat flu-like symptoms.



# Use Cleaning Products Safely

- ▶ When used correctly, bleach and other cleaning products are helpful to prevent the spread of germs.
- ▶ Only use one cleaning product at a time
  - ▶ Open a window whenever possible to ensure ventilation
  - ▶ Mixing ammonia and bleach creates a poisonous gas



**USING CLEANING SUPPLIES MORE OFTEN? US, TOO.**

- > Use as directed. Avoid mixing cleaners. Some products produce toxic fumes when mixed together.
- > Store all cleaners up, away, and out of sight from children.
- > Always supervise children when they are around cleaning supplies.

Questions? Poison Control can help.

If you suspect a poisoning, don't take a chance.  
Call 1-800-222-1222.



Fast. Free. Expert. 24/7.  
confidential help.



# Use Hand Sanitizer Safely

- ▶ Making hand sanitizer at home is not recommended
  - ▶ If not made properly, may not be effective
  - ▶ Can cause damage to the skin
- ▶ Ingestion of alcohol-based hand sanitizer and excessive use is dangerous, especially for children
  - ▶ No problem when used on hands alone and in recommended dose



# Store Products Safely

- ▶ Store products safely
  - ▶ Keep products up high and out of reach of children
  - ▶ Supervise children when cleaning products are being used
  - ▶ Store products in original container with the label intact
  - ▶ Food products stored with non-food products



# Look Alike Products-Safe Storage



Gummy Vitamins







































Gummy Candy

# Store Medicines Safely

- ▶ Be sure to put all medicines out of reach
- ▶ Keep medicines in child-resistant containers
  - ▶ Nothing is *child proof*
- ▶ Keep medicines in original containers
- ▶ Never call medicine “candy”

# Store Medicines Safely

Is it **candy** or **medicine**?

					
Ibuprofen	Good N' Plenty®	Multivitamin	Good N' Fruity®	Amitriptyline	Cinnamon Candy
					
Dolobid®	Good N' Fruity®	Ferrus Sulfate	Red Hots®	Tegretol®	Smarties®
					
Children's Vitamins	Tangy Bunnies	Depakene	Good N' Fruity®	Pseudo-ephedrine	Cinnamon Candy
					
Ferrus Gluconate	M&M®	Amantadine	Good N' Fruity®	Bethanechol	Sweetarts®
					
Aspirin	Skittles®	Mesoridazine	M&M® (sma)	Simethicone Chewable	Altoid® Mint
					
Tylenol®	Tic Tac®	Ephedrine	Good N' Plenty®	Phenazine	Skittles®

Using your Smartphone download a free QR Reader application to receive more information

**POISON HeP**  
1-800-222-1222

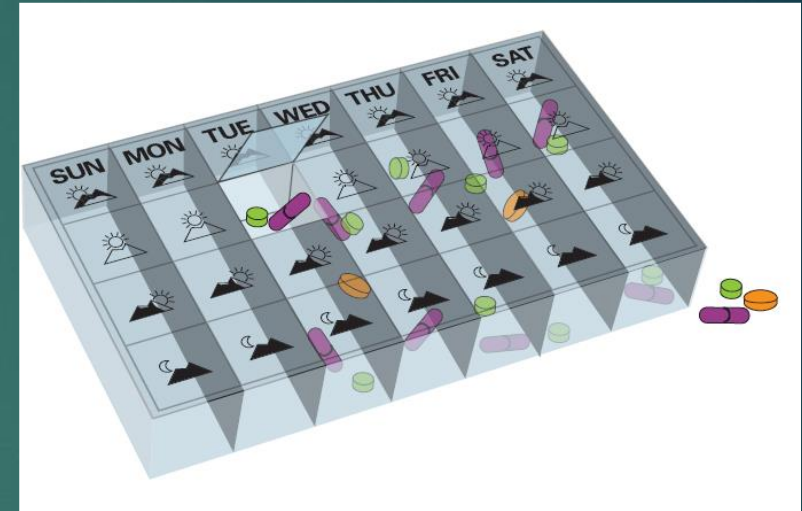
When you have questions about poisonings, call the New York City Poison Control Center at 1.800.222.1222. Information is provided free of charge. Translators are available.

www.nycpoison.com



# Keeping Track of Medicine

- ▶ Pill boxes
- ▶ Medicine Lists and Logs
- ▶ Calendars
- ▶ Fits your schedule
  - ▶ Meals
  - ▶ Bedtime



# Keep a Medicine List

- ▶ List all prescription, nonprescription medicines including herbals, vitamins, and minerals
- ▶ Review the list regularly with the doctor, pharmacist, nurse

**Medicine List Card**

Fill in this form to help you keep track of all the medicines you are taking. Bring it to doctors' appointments, pharmacy visits or to the hospital. Be sure to include all prescription medicines, nonprescription medicines, herbals, vitamins and minerals you are taking. Keep this list up to date.

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Telephone \_\_\_\_\_

Name of Medicine, Vitamin, Herbal, or Mineral		What it is for	When to take it	How much to take	Call to refill by this date	Prescribed by
Brand Name	Generic Name					
<i>Lipitor</i>	<i>Atorvastatin</i>	<i>Cholesterol</i>	<i>Morning and Bedtime</i>	<i>1 tablet</i>	<i>8/31</i>	<i>Dr. Smith</i>


Allergies \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Doctors' Name (s) \_\_\_\_\_ Telephone \_\_\_\_\_ Relationship \_\_\_\_\_

Pharmacy \_\_\_\_\_ Telephone \_\_\_\_\_ Telephone (home) \_\_\_\_\_

Telephone (cell) \_\_\_\_\_

**For questions about your medicine, please call NYC Poison Control Center at 1-800-222-1222**







# False and Unsafe Information-Anti COVID Products and Medicines

- ▶ Do not use products or medicines promoted as "anti-COVID-19" unless approved by your health care provider.
  - ▶ Some unapproved products have led to serious illness and death.
- ▶ Do not drink diluted bleach. This can cause injury to your mouth, throat and stomach

# Prevention Tips

- ▶ Social distancing and hand washing are currently the only approved preventive measures for COVID-19
- ▶ Speak to your health care provider rather than getting health information from the internet
- ▶ Store all cleaning products and medicines out of reach of children
- ▶ Call the Poison Control Center right away with any questions



**FEELING SICK?**  
**IF YOU'RE UNDER THE WEATHER,  
REMEMBER:**

- > Consult your healthcare provider, not the internet.
- > Do not share medicines with others.
- > Store all medicines up, away, and out of sight from children.

Questions? Poison Control can help.

If you suspect a poisoning, don't take a chance.  
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confidential help.

# COVID Resources

- ▶ NYC DOHMH
  - ▶ General Information for public 855-491-2667
  - ▶ <https://www1.nyc.gov/site/coronavirus/index.page>
- ▶ H&H COVID information for public looking for a doctor or testing
  - ▶ 844-692-4692
  - ▶ <https://www.nychealthandhospitals.org/>
- ▶ NY State
  - ▶ Hotline 1-888-364-3065
  - ▶ <https://coronavirus.health.ny.gov/home>
- ▶ NYC Poison Control Center
  - ▶ 212-POISONS or 1-800-222-1222
  - ▶ <https://www1.nyc.gov/site/doh/health/health-topics/poison-control.page>

# When to Call the NYC PCC

- ▶ Any suspicion that a poisoning has happened
  - ▶ Even if no symptoms present
- ▶ For questions about products or medications
- ▶ As long as the victim is awake and alert
- ▶ Strange odor
- ▶ No such thing as wrong reason to call
- ▶ Save the PCC number in cell phones & post at home



# When should you call an ambulance

- ▶ Call 911 immediately if the person is
  - ▶ Unconscious
  - ▶ Having convulsions
  - ▶ Having trouble breathing
  - ▶ Burns
  - ▶ ***Any sign of a true emergency***
- ▶ Call the Poison Control Center for instructions while you wait for the ambulance.
- ▶ If the person is awake and alert, call the Poison Control Center first.



# Educational Resources

- ▶ Free brochures and fact sheets, posters, DVDs, telephone stickers and magnets  
<http://www1.nyc.gov/assets/doh/downloads/pdf/poison/safety-material-order-form.pdf>
  - ▶ English, Spanish, Creole, Russian, Chinese, Korean
- ▶ Online training *Poison Prevention in the Home*  
<http://www1.nyc.gov/site/doh/health/health-topics/poison-training.page>
- ▶ Virtual presentations available in English and Spanish for parents/caregivers of children, older adults, community and staff.



# Contact Information

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Questions?