

Be Prepared to Handle a Poisoning

Accidental poisoning can happen in any home. The natural impulse is to act at once, but the wrong treatment may be more harmful than none.

- Know the National Poison Control emergency number:



- Keep Activated Charcoal in your first aid kit.**
**This should not be used except on the advice of the Poison Center or your doctor or health care provider.

- If the person has collapsed or stopped breathing, call 911 or your local emergency number right away.
- **Poison in the eyes?**
 - Rinse eyes with running water for 15 to 20 minutes.
 - Call 1-800-222-1222.
- **Poison on the skin?**
 - Take off any clothing that the poison touched and rinse skin with running water for 15 to 20 minutes.
 - Call 1-800-222-1222.
- **Inhaled poison?**
 - Get to fresh air right away.
 - Call 1-800-222-1222.
- **Swallowed the wrong medicine or too much medicine?**
 - Call 1-800-222-1222.
- **Swallowed something that's not food or drink?**
 - Drink a small amount of milk or water.
 - Call 1-800-222-1222.



When You Call for Help Tell the Poison Expert:

- The victim's age and weight;
- Existing health conditions or problems;
- The substance involved and how it contacted the victim (was it swallowed, inhaled, absorbed through skin contact, or splashed into the eyes?);
- Any first which may have been given;
- If the victim has vomited;
- Your location and how long it will take you to get to medical help (or how long medical help will take to get to you);
- If you've called 911.

**For Pet Poisoning
Information Call:
1-888-426-4435**

FOR MORE INFORMATION
ON INJURY PREVENTION
CONTACT:

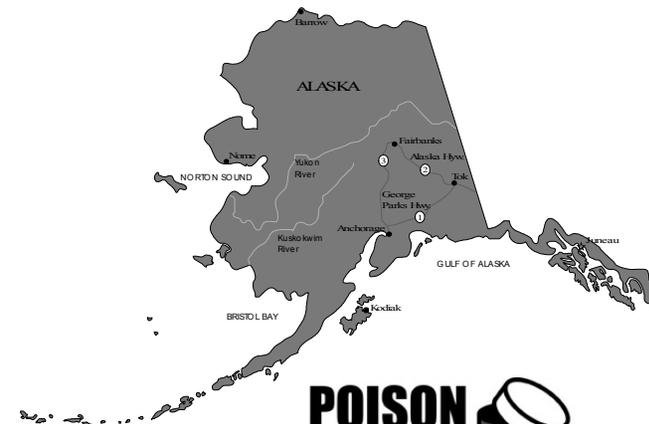
State of Alaska
Dept. of Health & Social Services
Division of Public Health
Section of Community Health & Emergency Medical Services
Injury Surveillance & Prevention Program

PO Box 110616
Juneau, AK 99811-0616
(907) 465-1185
(907) 465-2898 FAX

www.chems.alaska.gov/ems_injury_prevention.htm

STATE OF ALASKA INJURY SURVEILLANCE & PREVENTION PROGRAM

Poison Prevention Alaska



**POISON
Help**
1-800-222-1222



Substances Most Common in Alaska's Poison Exposures

◆ Medications/Vitamins



◆ Lamp Oil

◆ Petroleum Products



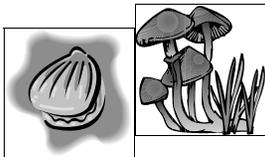
◆ Cosmetics/ Perfume

◆ Household Products



◆ Carbon Monoxide

◆ Foods/Plants



Medication Poisoning



Over 63% of poisoning hospitalization incidents for Alaska children age 0-4 from 1994-1998 involved the child getting into medications; usually belonging to a family member. Vitamins, especially those containing iron, can be deadly to children, even in small doses. Prevent medication poisonings:

- ◆ store medications locked out of sight and out of reach of children;
- ◆ don't call medicine candy;
- ◆ take medications where children can't watch;
- ◆ read labels and follow directions carefully;
- ◆ use the dispenser that comes packaged with children's medications;
- ◆ ask for child-resistant packaging.

Food/Plants Poisoning



There were 6-21 cases of food-related botulism per year in Alaska between 1991-1996.

- ◆ Most botulism cases are due to fermented traditional Alaska native foods and seal oil. Non-traditional methods of fermenting food (using plastic) increases the risk of botulism by increasing the risk of conditions ideal for growing bacteria.
- ◆ Paralytic Shellfish poisonings are seen throughout Alaska's coastline villages and towns. Shellfish collected from uncertified beaches should not be eaten.
- ◆ It is hard to determine which mushrooms are poisonous. Pick and dispose of all mushrooms and toadstools that grow in your yard - they are all considered poisonous. Best bet is: don't eat wild mushrooms.

Carbon Monoxide Poisoning



Alaskans are at high risk of carbon monoxide poisoning due to space heaters in cabins, tents, boats, and other poorly-ventilated areas. Carbon monoxide poisoning was responsible for 8% of all child & adolescent poisonings in Alaska from 1994-1998.

- ◆ Know the symptoms: severe headaches, dizziness, confusion, nausea, faintness, and shortness of breath. These symptoms are similar to those of many other illnesses.
- ◆ Play it safe: get fresh air immediately; open doors and windows, turn off appliances, and **leave the house**. Go to the emergency room or health clinic and tell the staff that you suspect CO poisoning.
- ◆ Prevention: have fuel-burning appliances inspected every year, vent fuel-burning appliances outside whenever possible, don't idle the car in the garage, don't use a gas oven to heat your home.
- ◆ **Don't ignore symptoms - get help at once.**

Alaska Deaths from Poison—1990-1998

There were 392 deaths from poisoning from 1990-1998. Most of those deaths were to people in the 31-50 age range.*

From 1994-1998, there were eight deaths and 206 non-fatal injury hospitalizations to Alaskan children age 0-19.**

Source: *Alaska Bureau of Vital Statistics 2001

**Serious & Fatal Child & Adolescent Injuries in Alaska, 1994-1998