COOPERATIVE EXTENSION SERVICE • UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE • LEXINGTON, KY, 40546

UNIVERSITY OF KENTUCKY College of Agriculture

Visit our website!

The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at www.ca.uky.edu/HEEL

YOUTH HEALTH BULLETIN

[NAME] County Extension Office
222 Street Road
City, KY Zip
(859) xxx-xxxx

MARCH 2012

POISONING:

WALLY CAT WANTS YOU TO BE SAFE!

There are many substances around your house that can be poisonous to you! Wally Cat wants you to be very careful when you have a possibly unsafe item in your hands.

What is a poison?

A poison is something that can be very dangerous if it is used in the wrong way, by the wrong person or in the wrong amount. Many everyday objects used around the house can be dangerous — cleaning products, some medicines, animal bites, spider bites and snake bites.

How can you get poisoned?

There are many ways that poison can enter your body. You can get poisoned by eating, drinking, touching or smelling an unsafe item. Some poisons like medicine can make you sick if you take the wrong kind, or if you take too much. Always ask a trusted grown-up before you take any medicine. Never put anything in your mouth if you are not sure if it is safe to eat. Ask a grown-up first!

Continued on the back

©

UKAg EXTENSION UKAg&HES

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.

CONTINUED FROM PAGE 1

Where are poisons found?

Because many poisons can be made from everyday objects in your house, poisons can be found in almost any room. Poisons, such as some plants, berries and mushrooms can also be found outside.

Preventing poisoning

- If you are not sure what something is, DO NOT put it in your mouth. Always ask a grown-up who you know if it is safe.
- Many medicines have a safety cap on them. Those caps are on the bottle for a reason. If you think you need to take a medicine, be sure to talk to an adult.
- Some plants and berries are poisonous. If you come across a plant or berry that you are unsure about, ask an adult before you put it in your mouth.
- There may be many spray bottles in your house. You should not play with them. Always let an adult use the spray cans or bottles.
- Stay away from chemicals and sprays used to clean your clothes, house or car.

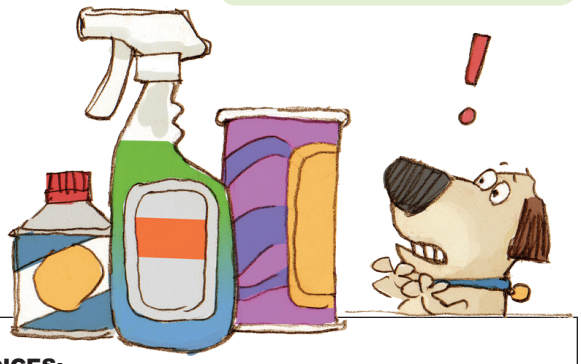
How do you know if someone is poisoned?

A person who has been poisoned may have different ways of showing it. Symptoms of poisoning will depend on the poison, how much the person was exposed to and for how long. Some poisons have short term effects like a skin rash or vomiting. Other poisons can have long term effects that are very serious such as brain damage or even death.

What can you do if someone gets poisoned?

- Stay calm! If you think you have been poisoned, tell a grown-up right away! They will call the Poison Control Center. The poison center will tell them how to help you.
- If you think your Mom or Dad, your brother or sister or even a friend has been poisoned, tell a grown-up right away. If a grown-up is not close by, you can call the Poison Control Center too!
- Learn the Poison Control Center's phone number. Make sure the number of the poison center is on or near the telephones in your house.

Contact your local Poison Control Center at 1-800-222-1222



REFERENCES:

- American Association of Poison Control Centers. What is poison? Information for Kids. http://www.aapcc.org/dnn/PoisoningPrevention/ChildTips/tabid/120/Default.aspx
- American Association of Poison Control Centers. Frequently Asked Questions. http://www.aapcc.org
- The Nemours Foundation. Kids Health: Poisoning. http://kidshealth.org

YOUTH HEALTH BULLETIN
MARCH 2012

Written by: Nicole Peritore
Get Moving Kentucky Coordinator
University of Kentucky HEEL Program

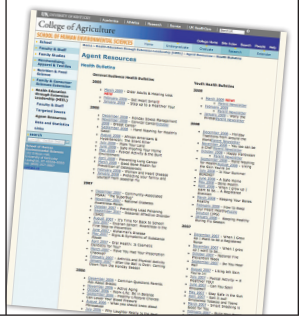
Edited by: Connee Wheeler

Designed by: Rusty Manseau

Wally Cat and other cartoons by:
Chris Ware *(© University of Kentucky)*

Download past health bulletins!

www.ca.uky.edu/HEEL/Bulletins



The development of the HEEL program was made possible by Senator Mitch McConnell with funds earmarked for the University of Kentucky, College of Agriculture, Lexington, KY and budgeted through the CSREES/USDA Federal Administration.