

Poison Prevention

Every day, over 300 children in the United States ages 0 to 19 are treated in an emergency department, and two children die, as a result of being poisoned. Everyday items in your home, such as household cleaners and medicines, can be poisonous to children as well. Active, curious children will often investigate and sometimes try to eat or drink anything that they can get into (Centers for Disease Control and Prevention).

Across all ages, 79.4% of poison exposures reported to U.S. poison centers in 2014 were unintentional. In children younger than 6 years, 99% of exposures are unintentional (Poison Control-National Capitol Poison Center).

Please, put the nationwide poison control center phone number, **1-800-222-1222**, on or near every telephone in your home and program it into your cell phone.

Oklahoma facts to think about:

- In 2016, the Oklahoma Poison Helpline took 38,000 total calls. 57% of those calls were about a child less than 6 years old.
- The top substances involved in calls about young children are: Cosmetics/personal care products, cleaning products, pain relievers, toys/foreign bodies, and topical preparations.
- From 2011-2015, more than 3,500 Oklahomans died of an unintentional poisoning. Poisonings can be caused by many substances such as prescription drugs, illegal drugs, alcohol, carbon monoxide, chemicals, gases, and even water (Oklahoma State Department of Health—OSDH).
- In 2014, Oklahoma had the eighth highest unintentional poisoning mortality rate in the United States. The Oklahoma State Department of Health is aggressively working to improve this problem, as part of their ***Strategic Plan for Violence and Injury Prevention 2016-2020 (OSDH)***.
- The Oklahoma Center for Poison & Drug Information is a free, confidential resource that is open 24 hours a day, 7 days a week, 365 days a year, and can communicate with callers in more than 150 languages. **1-800-222-1222**



Poison Prevention—Pre-K

Safety Bullets

- Put the poison help number, **1-800-222-1222**, on or near every home telephone and save it on your cell phone.
- Store all medicines and household products up and away and out of sight in a cabinet where a child cannot reach them.
- Medicines come in different colors. They even look like candy. NEVER eat anything without an adult!
- If you see snakes or spiders, tell an adult. Do not touch them!

Activity: Poison Prevention

Supplies: Different color juices, floor cleaning products in different colors, gummy bears, gummy vitamins.

Lesson: You start your lesson showing the students the different things you brought. The students try to guess what each thing is. You give them the correct answer and you emphasize the following:

Some things like the floor cleaner and the juice have the same color but one is safe to drink the other one is poison. You ask the students what will happen if they eat/drink poison. Hopefully they know the result of eating/drinking poison, otherwise you tell them.

Always ask an adult before you drink/ eat something.

Only an adult can give you medicine (a lot of times students bring up the medicine issue). You have to make sure that students understand that if a doctor gives them medicine, they have to take it. But only an adult can give them the medicine.

Also mention that some poison have the skull and the crossed bones on the label to warn people. If you can find a label with the skull and the bones, bring it and show it to the students.

Video: Poison Control Center: STOP! Ask First.: https://www.youtube.com/watch?v=YZO-drzD1_M



Lesson Title: Simon Says “NO” to Poison

Safety Topic: Poison

Grade Level: K-2nd Grades

Objective: Students will comprehend concepts related to poison safety through the presentation of facts and tips, and participation in a permission-seeking activity.

Oklahoma Health Education Standard(s):

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Equipment:

- None

Quick Facts:

- Examples of household poisons include perfumes, cleaners, medicines, paints, plants, pesticides, cleaning products, automotive fluid and gasoline.
- Memorize the Poison Control Center’s phone number in case of emergencies and questions (1-800-222-1222). You should also have it readily available on the refrigerator or other easily accessible location.
- Tell an adult if you find poisonous items in your house such as automotive fluid, cleaners, and prescription medication. These items should be stored out-of-reach of children
- Many medications and other harmful substances resemble candy and other treats. Always ask an adult before consuming anything that does not come straight out of the original food packaging.
- Call 911, if someone has fainted or is not breathing.

Activity: Simon Says: Poison Edition

Many medicines, especially pills and vitamin gummies, resemble candy. Therefore, it is always best to ask an adult before eating or drinking to ensure you are not ingesting something that could make you very sick. In this version of Simon Says, the teacher is the leader and the students must pay close attention to the leader’s words and directions. If the leader says ‘Simon Says’ before a command, students must perform that command until the next one is given. If the leader states a command without prefacing it with ‘Simon Says,’ students should not perform the action. If students perform an action that was not prefaced with the magic words, the leader will decide the penalty at the start of the game. Options include continuing to play, sitting out on the next action, or sitting out until the next round (after all students have gotten ‘out’.) Leaders: Be sure to emphasize the main idea of the activity. Although commands may not be directly related to poison safety, the concept of asking for permission and listening closely is. Possible commands include hopping on one foot, clapping hands, stomping feet, jumping jacks, stretches, etc.

Lesson Title: Yes or No

Safety Topic: Poison

Grade Level: 3rd-6th Grades

Objective: Students will understand the basic concepts of poison safety and will work with peers to make decisions on appropriate actions.

Oklahoma Health Education Standard(s):

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Equipment:

- None

Quick Facts:

- Examples of household poisons include perfumes, cleaners, medicines, paints, plants, pesticides, cleaning products, automotive fluid and gasoline.
- Memorize the Poison Control Center's phone number in case of emergencies and questions (1-800-222-1222). You should also have it readily available on the refrigerator or other easily accessible location.
- Tell an adult if you find poisonous items in your house such as automotive fluid, cleaners, and prescription medication. These items should be stored out-of-reach of children.
- Many medications and other harmful substances resemble candy and other treats. Always ask an adult before consuming anything that does not come straight out of the original food packaging.
- Call 911, if your sibling or friend has fainted or is not breathing.

Activity: Human Words

Divide students into teams of 5-8. The teacher will call out questions or scenarios to which the students will respond 'yes' or 'no.' Once a question is asked, teams must decide on the correct answer and then use their bodies to form either a 'Y' or 'N' to indicate their response by laying on the ground.

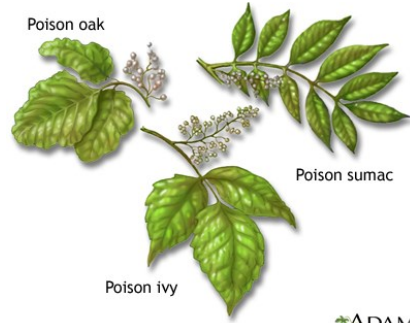
Examples of questions include:

- Are some plants poisonous if eaten? (Y)
- Is it okay to eat something you find as long as it looks like candy? (N)
- Is it okay to take my friend's medicine? (N)
- Do you call 911 for an emergency? (Y)
- If I feel sick after eating something should I tell an adult? (Y)
- My friend is unresponsive and I am scared I will get in trouble. Should I keep this a secret? (N)

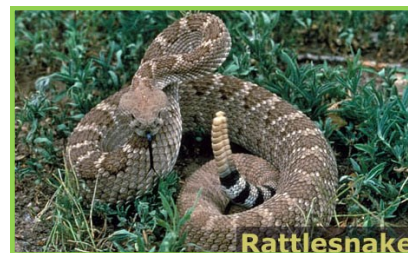


Oklahoma Center for
Poison & Drug Information

(800) 222-1222



ADAM



Friendly Review Questions:

1. What is the Nationwide Poison Control Center phone number? **1-800-222-1222**
2. Where should all medicines and household products be stored? (**Up high and out of reach of children**)
3. If you find something that looks like candy or smells good, what should you do? (**STOP! Ask first**)
4. What are examples of poisons? (**Perfume, lipstick, cleaning solutions, lead, laundry pods, snakes, spiders, plants, medicines, paints, pesticides, automotive fluids, gasoline, etc.**)
5. Is it okay to play with snakes and spiders? (**NO. If you see a snake or spider, STOP and alert an adult**)
6. Have you memorized the Poison Control Phone number? (**1-800-222-1222—If you have a phone, please input this number at this time**)



Helpful Resources

Poison Prevention

United States Consumer Product Safety Commission: <https://www.cpsc.gov/Newsroom/Multimedia/?vid=69426>

American Association of Poison Control Center: www.aapcc.org

Safe Kids Worldwide: <https://www.safekids.org/poisonsafety>

Oklahoma State Department of Health: [https://www.ok.gov/health/Protective Health/Injury Prevention Service/Unintentional Poisoning/index.html](https://www.ok.gov/health/Protective_Health/Injury_Prevention_Service/Unintentional_Poisoning/index.html)

National Safety Council: <http://www.nsc.org/learn/safety-knowledge/Pages/safety-at-home-poisoning.aspx>

