

Program Outline: Poison Adventure (1 hour)

I. Introduction (10 minutes)

- A. **Self**—I am (name). I represent the (name of organization, college, etc.) and the New Mexico Poison and Drug Information Center.
- B. **Concepts**—Does anyone know why I am here today? Answer: To teach you about poison prevention (have the children define terms).
 1. **Poison** – anything that can make you really sick if you touch, taste or smell it (younger children). Anything that can cause illness or death if it is breathed in, swallowed, touched or absorbed through the skin or eyes (older children).
 2. **Prevention** – stop something from happening
 3. **Why do you think it is important to learn about poison prevention?** Answer: To keep yourself and those around you safe from poisons.

II. Discussion (10 minutes)

A. Question / Answers

1. **What are some examples of poisons?** Answers: Carbon monoxide gas; household cleaners; drain cleaners; nail polish remover; gasoline; motor oil; lamp oil; pesticide; poisonous plants; outdoor mushrooms; venom; etc.
 2. **How do poisons enter into the body?** Answers:
 - a. Smelling (e.g. CO & other gases)
 - b. Touching (e.g. poisonous plants, stings / bites, etc.)
 - c. Tasting (e.g. cleaners, medications, etc.)
 - d. Splashed on skin or in eyes (e.g. chemicals, cleaners, etc.)
 3. **Where would you find poisons at your home?** Answers: Kitchen; bathroom; garage; laundry room; medicine cabinet; yard / outside; etc.
- B. **Look-A-Likes**—Explain to the children that you know they are smart but to be careful because poisons can be tricky! A lot of the times, they look, taste and smell like candy, food and drinks.
1. **Optional: Show Look-a-Likes PowerPoint** (see listing of program materials)

Ask the following questions:

- a. Would you be able to tell the difference if you saw anyone one of these side by side in your home?
- b. Do you think that small children who cannot read (e.g., baby brother / sister) would be able to tell the difference?
- c. Emphasize that it is important to store poisons away from food and drink so that they are not mixed up or confused.

III. Video: Poison Adventure (20 minutes)

- A. **Introduction**—tell audience that you are going to introduce them to your poison pals (Nick Carson, Dr. Wisetrousers, Gertie and their helpers). Tell the children to listen for tips on how to stay safe from poisons.
- B. **Show Video** (produced by the Central Texas Poison Center)

IV. Activities (10 minutes)—choose one of the following based on age group:

- A. **Picture Games** (grades K – 2nd)—Appendix A
 1. Basic Picture Game
 - a. Print and cut out each picture. Make sure enough pictures are printed so that each child has their own. It does not matter if more than one child has the same picture. Give each child a picture.
 - b. Ask each child to show their picture to the rest of the class.
 - c. Ask the class to categorize the pictured item as one of the following: “safe” (non-poisonous), “not safe” (poisonous) or “ask an adult first” (not sure what the picture represents).
 2. Memory Picture Game (borrowed from the Carolinas Poison Control Center)
 - a. You must have two of each picture. Mix up the pictures and lay them face down on the floor or on a table. Have the children gather around the pictures and take turns turning over two pictures at a time.
 - b. If a student finds a matching pair, have them categorize the picture as “safe” (non-poisonous), “not safe” (poisonous) or “ask an adult first” (not sure what the picture represents).

- c. **Caution:** this game works best with smaller classes. This game may also take a significant amount of time so plan accordingly.
3. **Musical Chairs Picture Game** (borrowed from the Carolinas Poison Control Center)
 - a. You must have one chair for every child and music. Arrange the chairs in a circle with the seats facing toward the outside.
 - b. Place a picture face down on the seat of the chair or underneath the chair.
 - c. While playing the music, have the children circle the chairs. When the music is stopped, each child should find a chair to sit in. Instruct the children to reach underneath them and get the picture.
 - d. Ask each child to categorize the picture as “safe” (non-poisonous), “not safe” (poisonous) or “ask an adult first” (not sure what the picture represents).

B. Poison Scenarios (grades 2nd – 5th)—Appendix B

1. Ask the children to gather in small groups.
2. Give each group a “poison scenario”.
3. Ask the children to read their poison scenario and, as a group, discuss what they would do. Allow time to brainstorm.
4. Ask each group to either:
 - a. verbally share their scenario and response with the rest of the classroom, or
 - b. act out their scenario and response before the classroom.
5. Ask other classmates / children if they would have done something different than the responses that were provided by each group.

C. Pills vs. Candy Application (grades 3rd – 5th)

1. If internet access is available, the California Poison Control System developed a fun and educational application available to all at www.pillsvscandy.com. It may be played as a group and a score is

provided at the end. PowerPoint version is also available (see listing of program materials).

V. Wrap-Up (10 minutes)

A. Summarize main points. Ask the children to tell their parents 3 important things that they learned today.

1. *“Out of sight, out of reach”*
 - a. Poisons should be stored up high and out of the sight of children.
 - b. Poisons should also be stored away from food and in original containers (child-resistant packaging). Lids should be fastened tightly.
2. *“Play it safe”*
 - a. If you come across a poisonous critter, it is best not to touch it. In New Mexico, there are rattlesnakes, black widow spiders, brown recluse spiders and scorpions.
3. If you do not know what something is, ask an adult before touching, eating or drinking it.
4. If someone else (e.g., baby brother or sister) touches, eats or smells something that is bad for them, tell an adult right away!
5. If someone is poisoned, call for help right away: **1-800-222-1222**. There are people specially trained at the Poison Center who can try to help you.

B. Tell the children that you would like them to take the following items home (stickers, magnets and activity books must be ordered in advance):

1. Poison Prevention Tips Flyer—ask children to have parents read for tips on how to stay safe from poisons (Appendix C).
2. Poison Prevention Home Checklists—ask them to tell parents to put all poisonous items up high and out of reach of children (Appendix D).
3. Telephone stickers or refrigerator magnets—ask them to tell parents to put stickers on home phones and magnets on the refrigerator to have handy in case of an emergency.

4. Activity Books—ask the children to complete with parents. Parents should read the letter on the back cover. Parents can sign the certificate designating children as “Poison Pros”.

C. Encourage the children to be “Poison Heroes” by helping younger children stay safe from poisons.

VI. Submit Paperwork (found at the “For the Community” page)

A. Please remember to submit the following paperwork to the New Mexico Poison Control Center:

1. Presentation Information Form
2. Program Evaluation Form—to be filled out by yourself

Thank you for your help!

Jacqueline Kakos

Health Educator

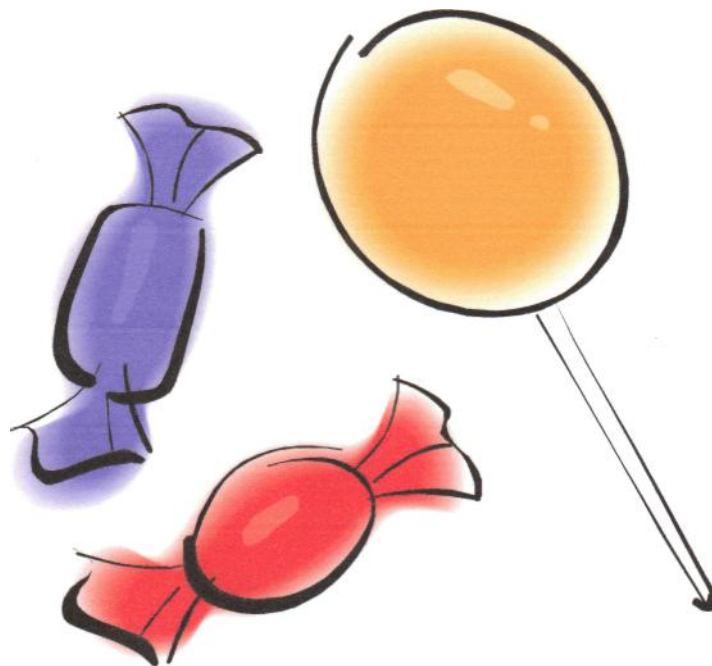
New Mexico Poison and Drug Information Center

jkakos@salud.unm.edu

(505) 272-1364

Appendix A: Picture Games
(Images borrowed from Utah Poison Control Center)

Candy



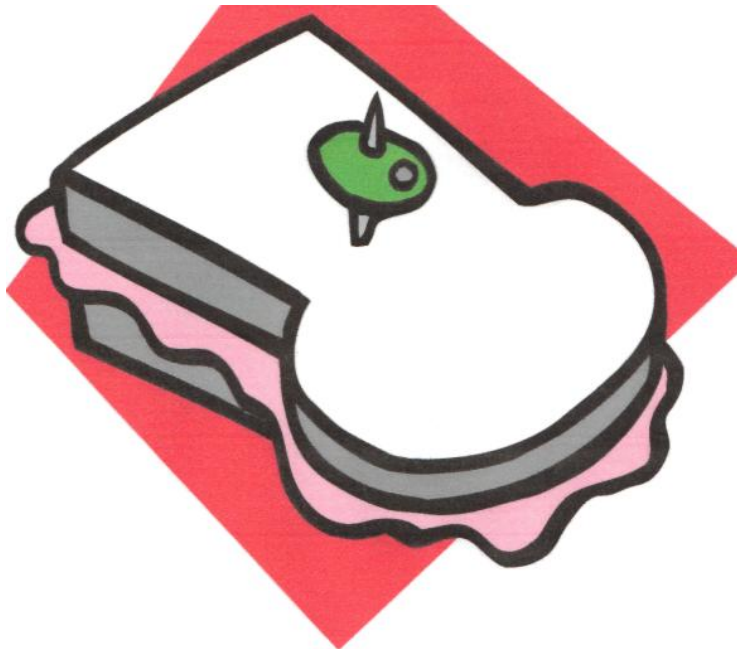
Cookies



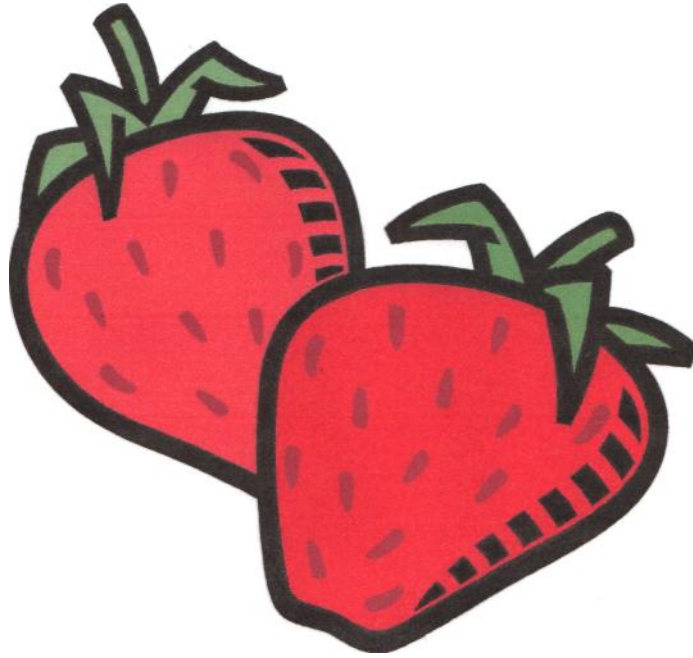
Carrot



Sandwich



Strawberries



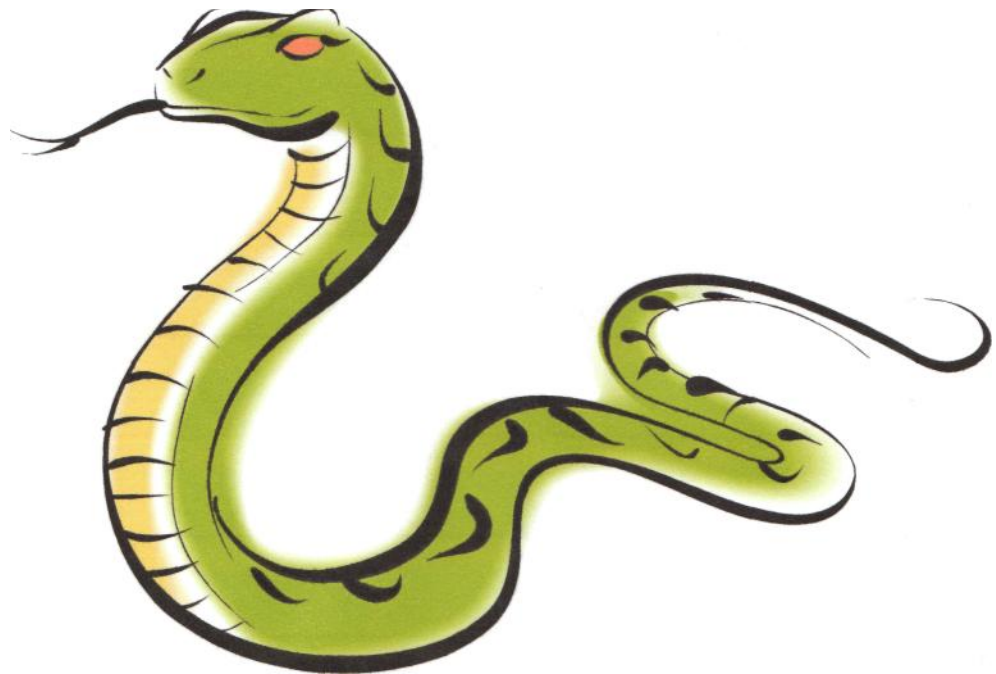
Ice Cream



Milk



Venomous Snake



Medicine



Plants



Aerosol Spray



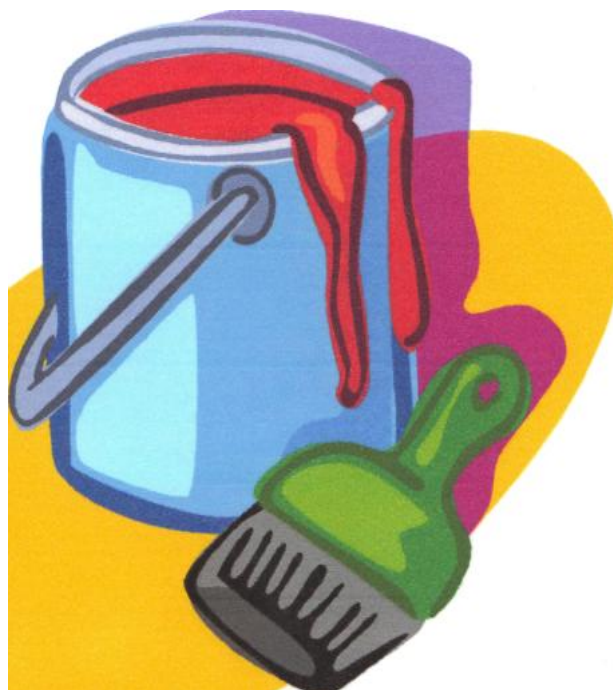
Ointment



Fingernail Polish



Paint



Appendix B: Poison Scenarios

1. You are walking through the kitchen, and you see your baby brother playing with a bottle of dishwashing detergent. What would you do? Tell why.
2. You've been outside playing and you are very thirsty. There is a water bottle in the garage that has blue liquid in it. You think it might be blue Gatorade. What would you do? Tell why.
3. You are sitting on the couch watching TV and you see a small red piece of candy on the floor under the chair across from you. You want to eat it because it looks like an M & M. What would you do? Tell Why.
4. Your mom asks you to watch your younger sister while she takes a shower. While your mom is in the bathroom, you start playing a videogame. After a while you realize your sister isn't in the room with you and you go looking for her. You find her in the laundry room. She has the cap off of the bleach bottle, and it is spilled on her and the floor. What would you do? Tell why.
5. You and a friend are playing at the park. Your friend points to some bushes with bright red berries on it. Your friend tells you that he's heard the berries taste really good. What would you do?
6. You and your family are on a camping trip. While you are exploring the area, you find some mushrooms growing. They look just like the mushrooms your mom puts in your favorite casserole. What would you do? Tell why.
7. Your grandma comes from out of town to visit your family for a few days. You notice that she has left all her medicine bottles sitting on the table beside her bed. What would you do? Tell why.
8. Your baby sister has just learned how to crawl. One day you notice that she is chewing on a leaf from one of the plants in your house. What would you do? Tell why.

Appendix C: Poison Prevention Tips

Poison Prevention Tips

- ✓ Use child-resistant caps correctly, but remember *child-resistant* does not mean that they are *child-proof*.
- ✓ Keep medicines and products in their original, labeled, and child-resistant containers.
- ✓ Follow label instructions and warnings on medications and household products.
- ✓ Call medicine “medicine” not “candy”. Children like to eat candy.
- ✓ Do not take medications in front of children because they like to imitate adults.
- ✓ Store poisonous products away from food so there is no confusion.
- ✓ Do not mix cleaning products together.
- ✓ Keep all medicines, cosmetics and household products up high and out of the reach of children.
- ✓ Know the names of your indoor and outdoor plants and know which ones are poisonous.
- ✓ Keep all plants, seeds and bulbs where children cannot reach them.
- ✓ Teach children not to eat berries, seeds, plant food, mushrooms or any part of a plant.
- ✓ Remove mushrooms in your yard and throw them away—all mushrooms should be considered poisonous unless they have been correctly identified by an expert.
- ✓ Supervise children and never leave a child alone with a poisonous substance.
- ✓ Install safety latches on cabinets and drawers.
- ✓ Teach small children to “ask a trusted adult first” before putting anything into their mouths.
- ✓ Install carbon monoxide detectors near bedrooms and on each floor of your home.
- ✓ Share this information with grandparents, family, friends, caregivers and babysitters.
- ✓ **Place the Poison Center telephone number on or near your phone so it is easy to find in an emergency or for questions about poisons:
1-800-222-1222** (services for non-English speaking persons & the hearing impaired).
- ❖ If you or someone you know has come into contact with a poisonous substance, call **1-800-222-1222** right away. **Do not wait for symptoms to appear!**
- *Contact The New Mexico Poison and Drug Information Center’s Health Educator at 505-272-1364 for further assistance in poison-proofing your home.*

Appendix D: Home Safety Checklist: Common Poisons by Room



Poison Prevention Home Checklist

Do you know what kind of poisons are in your home? The items below can be dangerous if they are swallowed, breathed in or touched. Use this list to help you find the poisons in each room of your home. Make sure that **all** poisons are locked up where children cannot see them or reach them.

Kitchen

- Oven Cleaner
- Drain Opener
- Alcoholic Beverages
- Soaps / Detergents
- Bug Killers
- Ammonia
- Medications
- Vitamins / Iron Pills
- Herbal Products
- Disinfectants

Bathroom

- Cleansers / Disinfectants
- Deodorizers
- Personal Hygiene Products
- Mouthwash
- Shampoos / Hair Products
- Bath Oils
- Body Soap / Wash
- Medications (topical & oral)
- Aftershave Lotions

Living Room

- Plants

Outdoors

- Plants
- Wild Mushrooms

Bedroom

- Medications (*sleeping aids)
- Colognes / Perfumes
- Cosmetics
- Nail Polish Remover
- Jewelry Cleaners

Utility /Laundry Room

- Soaps / Detergents
- Disinfectants
- Bleaches

Garage / Storage

- Pesticides / Insecticides
- Rust Remover
- Gasoline
- Kerosene
- Paint Thinner
- Lighter Fluid
- Antifreeze
- Windshield Washer Fluid
- Weed Killers / Fertilizers
- Pool Chemicals

¿Ud. conoce que tipos de venenos están en su casa? Los artículos en este lista pueden ser peligrosos si estén tomado, respirado, o tocado. La use este lista para ayudarle encontrar los venenos en cada parte de su casa. Asegúrese de que **todos** los venenos en este lista estén fuera del alcance los niños.

La Cocina

- Limpiador de horno
- Fuga de apertura
- Bebidas alcohólicas
- Jabón/detergente
- Matador de insectos
- Amoniaco
- Medicamentos
- Vitaminas (con o sin hierro)
- Suplementos naturales
- Hierbas
- Desinfectantes

El Baño

- Limpiadores generales/desinfectantes
- Eliminador de mal olor
- Productos Higiénicos
- Lavado bucal
- Champú y suavizante
- Aciete de bañera
- Jabón de cuerpo
- Medicamentos
- Loción para después del afeitarse

La Sala

- Plantas

Afuera/El césped

- Plantas
- Hongos

El Cuarto

- Medicamentos (para dormir)
- Colonia / Perfume
- Cosméticos
- Quitador de brilla de uña
- Limpiador de alhajas

El Cuarto de Lavarropa

- Jabón/detergente
- Desinfectantes
- Blanqueador

El Garage/El Trastero

- Pesticida/insecticida
- Limpiador de herrumbre
- Gasolina
- Queroseno
- Disolvente de pintura
- Gas de encendedor
- Anticongelante
- Limpiador del parabrisas
- Herbicida/fertilizante
- Químicas de la piscina