

Program Outline: An Educator's Guide to Poison Prevention for Elementary Students

Overview

Childhood poisonings continue to be a major health concern as nearly 50% of the cases managed by the New Mexico Poison Center involve children under the age of six. In addition, prescription drug abuse is on the rise in adolescents.

Hence, it is imperative that young children are able to identify poisons and are able to protect themselves from becoming poisoned. Therefore, it is very important that poison prevention education is a part of each child's primary school experience. Parental support is also a must.

The following poison prevention program is segmented by age group and can be easily integrated into the curriculum of health education, science or other relevant classes. National Poison Prevention Week (3rd week in March) is a perfect opportunity to get students involved with poison prevention education.

This program is based on the *View, Read, Do Model*, promoted by the Public Broadcasting Station (PBS). As the name implies, children are introduced to a concept through viewing a television program/video, reading about the concept and then doing a complimentary activity. This model is also referred to as the *Learning Triangle* as children learn about a particular concept in three different ways and at three different times. Thus, this model not only incorporates different styles of learning (e.g., visually, linguistically, artistically, hands on, etc.) but also reinforces repetition.

I encourage you to have fun and be creative! The ideas that are presented for activities are only suggestions. If you have further questions about the curriculum or poison prevention in general, please contact the New Mexico Poison Center's health educator at the information below. Also, remember that you must contact the health educator in advance to order certain materials (e.g., telephone stickers, refrigerator magnets, etc.) that are intended to be sent home with the children.

Jacqueline Kakos, MS
Health Educator
505-272-1364
jkakos@salud.unm.edu

Program Curriculum

- I. **Kindergarten** – because the attention span of this age group is minimal, it is suggested that the curriculum is broken up over the course of a day or several days.
 - A. **Discussion** - explain that they will be learning about poisons and how to stay safe from poisons.
 1. **Key Concepts:** poison identification; and always ask a grown-up before touching, tasting and smelling.
 - a. **What is a poison? Answer:** Something that can make you really sick or kill you. Ask for examples: dish soap, bleach, nail polish remover, etc.
 - b. **Always ask a grown-up before touching, tasting or smelling anything.** Poisons can be tricky! Explain that candy often looks and tastes just like medicine or that cleaning products look like other food and drink (e.g., blue Kool-Aid vs. Windex and apple juice vs. Pinesol). See the listing of program materials to view the look-a-like slide show.
 - B. **View “Poison Adventure” Video (approximately 20 minutes; produced by the South Texas Poison Control Center)** - tell your students that you are going to introduce them to your poison pals (Nick Carson, Dr. Wisetrousers, Gertie and their helpers). Encourage students to listen for tips on how to stay safe from poisons. After the video is over, summarize the main points:
 1. *“Out of mind, out of reach”*
 - a. Poisons should be stored up high and out of the sight of children.
 2. *“Play it safe”*
 - b. If you come across a poisonous critter, it is best not to touch it.

3. Ask an adult before touching, eating or smelling anything that you are not sure of.
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!

C. Read a Book, Magazine or an Article – choose an age appropriate book from the suggested reading list (Appendix A) or other reading material.

D. Do an Activity(ies)

1. Smiley Face Game

- a. Draw or attach a “smiley face” and a “frowning face” to separate paper bags.
- b. Distribute pictures of poisonous and non-poisonous items (Appendix B).
- c. Ask children to deposit the pictures in the appropriate bag (poisonous items go in the bag with the “frowning face” and non-poisonous items go in the bag with the “smiley face”).

2. 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 (Appendix B) 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).
3. Poison Scenario - You played hard all day and learned a lot at school. You just got home, and you are really hungry. Oh yum! It looks like mom left some M&M’s on the counter for me. Should I eat them? Why or why not? Answer: No. You should always ask a grown-up first before touching, tasting or smelling an unknown item. What looks like candy, may actually be medicine that can hurt you. Have students act out the scenario for fun.
4. Activity Book – must order.

E. Review/Test Knowledge – Ask students the following questions:

1. What should you do if you are not sure if something is okay to eat / drink? Answer: Ask a trusted grown-up if it is okay.
2. What is a poison again? Answer: Something that can hurt or kill you if touch it, taste it or breathe it in.
3. What should you do if baby brother / sister gets into something that is bad for him / her? Answer: Tell a trusted grown-up right away and have them call 1-800-222-1222.

II. 1st – 2nd Grades - because the attention span of this age group is minimal, it is suggested that the curriculum is broken up over the course of a day or several days.

A. Discussion - explain that they will be learning about poisons and how to stay safe from poisons.

1. Key Concepts: poison identification; distinguish non-poisonous items from poisonous items; always ask a grown-up before touching, tasting and smelling anything; self-help skills.

- a. What is a poison? Answer: Something that can make you really sick or kill you. Ask for examples: dish soap, bleach, nail polish remover, etc.
- b. What kind of poisons might you find in each room of your home (e.g., bedroom, garage, kitchen, etc.)? Answer: View (Appendix D).
- c. Always ask a grown-up before touching, tasting or smelling anything. Poisons can be tricky! Explain that candy often looks and tastes just like medicine or that cleaning products look like other food and drink (e.g., blue Kool-Aid vs. Windex and apple juice vs. Pinesol). Emphasize the point that children should never take medicines by themselves; a trusted grown-up should always help them. May be helpful to view the “look-a-like” slide show (see listing of program materials).

B. View “Poison Adventure” Video (approximately 20 minutes; produced by the South Texas Poison Control Center) - tell your students that you are going to introduce them to your poison pals (Nick Carson, Dr. Wisetrousers, Gertie and their helpers). Encourage students to listen for tips on how to stay safe from poisons. After the video is over, summarize the main points:

1. *“Out of mind, out of reach”*
 - a. Poisons should be stored up high and out of the sight of children.
2. *“Play it safe”*
 - a. If you come across a poisonous critter, it is best not to touch it.
3. Ask an adult before touching, eating or smelling anything that you are not sure of.

4. If someone else (e.g. baby brother or sister) touches, eats or smells something that is bad for them, tell a trusted adult right away and have them call 1-800-222-1222.

C. Read a Book, Magazine or an Article – choose an age appropriate book from the suggested reading list (Appendix A) or other reading material.

D. Do an Activity(ies)

1. Have students cut out poisonous vs. non-poisonous items from a magazine. Divide a large piece of poster board into two columns: “Poisonous” and “Not Poisonous”. Have students glue the items under the appropriate columns. Have a classroom discussion about why the students chose to put their items in a particular column.
2. Memory Picture Game (borrowed from the Carolinas Poison Control Center)
 - a. You must have two of each picture (Appendix B). 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 (Appendix B).
 - 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).
4. Poison Scenario – You have been playing outside with your friends all day, and you are very thirsty. As you take a short-cut through the garage, you notice a bottle with blue liquid in it. You are pretty sure that it is blue Gatorade because that is your dad’s favorite drink and he hangs out in the garage a lot. Is it safe to drink? Why or why not? Answer: No, because it could be something dangerous that resembles blue Gatorade, such as window washing fluid. Ask a trusted grown-up before eating or drinking an unknown item.
5. See if you can memorize the Poison Help Hotline: 1-800-222-1222. Help your parents post the Poison Help Hotline by putting a telephone label on the phone or a refrigerator magnet on the refrigerator.
6. Activity Book – must order

E. Review / Test Knowledge

- 1. What is the Poison Help Hotline? Answer: 1-800-222-1222.
- 2. What should you do if your friend eats a berry? Answer: Tell a trusted grown-up and have them call 1-800-222-1222 right away!

3. What should you do if you are not sure if something is okay to eat or drink? Answer: Ask a trusted grown-up if it is okay to eat or drink.
4. What did Professor Wisetrousers say you should do if you see a poisonous critter? Answer: “Play it safe” and do not touch it.

III. 3rd – 4th Grades

A. Discussion - explain that they will be learning about poisons and how to stay safe from poisons.

1. Key Concepts: poison identification; distinguish non-poisonous items from poisonous items; poison prevention; importance of medication safety; identify how poisons enter the body; and always ask a grown-up before touching, tasting and smelling an unknown substance; self help skills.
 - a. What is a poison? Answer: Something that can make you really sick or kill you. Ask for examples: dish soap, bleach, nail polish remover, etc.
 - b. How do poisons enter the body? Answer: Through the mouth (swallowed) or nose (inhaled), injected (venomous critter) and splashed in eyes or on the skin.
 - c. What does prevention mean? Answer: To stop something from happening. Why do you think it is important to prevent poisonings? Answer: Poisons can make you really sick or even kill you.
 - d. Always ask a grown-up before touching, tasting or smelling something that is unknown. Poisons can be tricky! Explain that candy often looks and tastes just like medicine or that cleaning products look like other food and drink (e.g., blue Kool-Aid vs. Windex and apple juice vs. Pinesol). Emphasize the point that children should never take medicines by themselves; a trusted grown-up should

always help them. May be helpful to view the “look-a-like” slide show (see listing of program materials).

B. View “Poison Adventure” Video (approximately 20 minutes; produced by the South Texas Poison Control Center) – tell your students that you are going to introduce them to your poison pals (Nick Carson, Dr. Wisetrousers, Gertie and their helpers). Encourage students to listen for tips on how to stay safe from poisons. After the video is over, summarize the main points:

1. *“Out of mind, out of reach”*
 - a. Poisons should be stored up high and out of the sight of children.

2. *“Play it safe”*
 - a. If you come across a poisonous critter, it is best not to touch it.

3. Ask an adult before touching, eating or smelling anything that you are not sure of.

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!

C. Read a Book, Magazine or an Article – choose an age appropriate book from the suggested reading list (Appendix A) or other reading material.

D. Do an Activity(ies)

1. Have students make up their own short story, poem, etc. about poison prevention. Have them share their creation with the rest of the class.

2. Poison Scenario – It is time for you to take your daily medication. Your babysitter is busy taking an important phone call, and you do not want to disturb her by asking for her help.

You are pretty sure you know where your parents keep your medication and what it looks like. Should you go ahead and try to take your medicine by yourself? Answer: No. It is always best to have a trusted grown-up help you with your medication. A lot of times, medicines look like one another; it could be very dangerous if your medication is mistaken for someone else's in the family. It could also be dangerous if you accidentally took too much of your medication.

3. Mark the places where poisons enter the body (Appendix C).
4. Tell a family member 3 important things that you learned about poison prevention.
5. Log onto www.pillsvscandy.com and play the game. You will receive a score at the end. See listing of program materials to view slide show.
6. Activity Book – must order

E. Review / Test Knowledge

1. What is the poison help hotline? Answer: 1-800-222-1222
2. When should you call the poison help hotline? Answer: When you think that you or someone you know has been poisoned—even if you are not 100% sure. Do not wait for the person to look or feel sick. You may also call the hotline if you have a question about a poison or medication or need poison prevention materials.
3. Name four ways that poisons enter the body. Give examples.
Answers:
 - 1) Eaten—medications
 - 2) Breathed in—carbon monoxide
 - 3) Touched—poison ivy
 - 4) Splashed on skin or in eyes—bleach

4. What should you do if you notice that a poisonous product has been left out in the open in your home? Answer: Tell a trusted adult that poisonous products need to be stored away from food, in their original containers and out of sight and reach of small children. Ask them to help you safely store the item.

IV. 5th Grade

A. Discussion - explain that they will be learning about poisons and how to stay safe from poisons.

1. Key Concepts: poison identification; distinguish non-poisonous items from poisonous items; poison prevention; importance of medication safety; identify how poisons enter the body; and always ask a grown-up before touching, tasting and smelling an unknown substance; self help skills.
 - a. What is a poison? Answer: Something that can make you really sick or kill you. Ask for examples: dish soap, bleach, nail polish remover, etc.
 - b. How do poisons enter the body? Answer: Through the mouth (swallowed) or nose (inhaled), injected (venomous critter), touched (poison ivy) and splashed in eyes or on the skin.
 - c. What does prevention mean? Answer: To stop something from happening. Why do you think it is important to prevent poisonings? Answer: Poisons can make you really sick or even kill you.
 - d. Always ask a grown-up before touching, tasting or smelling something that is unknown. Poisons can be tricky! Explain that candy often looks and tastes just like medicine or that cleaning products look like other food and drink (e.g., blue Kool-Aid vs. Windex and apple juice vs. Pinesol). Emphasize the point that children should never take medicines by themselves; a trusted grown-up should always help them. May be helpful to view the “look-a-like”

slide show (see listing of program materials). Also, make note of the fact that naturally occurring elements / substances (e.g., iron, lead, herbs, etc.) can be poisonous.

B. View “Poison Adventure” Video (approximately 20 minutes; produced by the South Texas Poison Control Center) - tell your students that you are going to introduce them to your poison pals (Nick Carson, Dr. Wisetrousers, Gertie and their helpers). Encourage students to listen for tips on how to stay safe from poisons. After the video is over, summarize the main points:

1. *“Out of mind, out of reach”*
 - b. Poisons should be stored up high and out of the sight of children.
2. *“Play it safe”*
 - a. If you come across a poisonous critter, it is best not to touch it.
3. Ask an adult before touching, eating or smelling anything that you are not sure of.
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!

C. Read a Book, Magazine or an Article – choose an age appropriate book from the suggested reading list (Appendix A) or other reading material such as a research article.

D. Do an Activity(ies)

1. Have students team up to design their own media campaign (formats can include posters, television or radio public service announcements, Facebook messages, applications, etc.).
2. Poison Scenario – Your friend finds what appears to be candy on the playground during recess. He said that he ate one and it

tastes like candy. He pressures you to try one and reassures you that if it is a pill that one won't hurt you. Should you give it a try? Why or why not? Answer: No, you should never eat anything unless you are sure that it is fresh food or candy. There are many medicines, such as those used to treat diabetes and blood pressure that could be lethal in single dose.

3. Write a report on a research article or book and share it with your class.
4. Select a poison as a topic for a science fair project.
5. Help a trusted grown-up poison-proof your home (Appendix D).
6. Log onto www.pillsvscandy.com and play the game. You will receive a score at the end. See listing of program materials to view slide show.
7. Program your cell phone with the Poison Help Hotline: 1-800-222-1222. Ask your parents to also program their cell phones with the Poison Help Hotline number.

V. Wrap – Up

A. Tell the children that you would like them to take the following items home:

1. Letter to Parents—ask children to have parents read this letter (Appendix F).
2. Poison Prevention Home Checklist—ask children to tell parents to put all poisonous items up high and out of reach of children (Appendix D).
3. Poison Prevention Tips Flyer—ask children to have parents read for tips on how to keep their families safe from poisons (Appendix E).

4. Certificate of Completion—complete this form designating the student as a “*Poison Prevention Expert*” (Appendix G).
5. Activity Books—ask children to complete the activities with their parents. These booklets also contain useful information for parents and a certificate of completion. **Must order.**
6. Telephone stickers or refrigerator magnets—ask children to tell parents to put stickers on the phone and magnets on the refrigerator so that the poison hotline number is handy in case of an emergency. **Must order.**

B. Ask the children to tell their parents 3 important things that they learned about poison prevention.

1. Store poisons out of sight and reach of small children or lock them up.
2. Store medicines and poisonous products in the containers that they were bought in (child-resistant). Make sure lids are on tight before storing.
3. Store poisonous items away from food.

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

D. Please take a moment to fill out the Presentation Information Form and the Program Evaluation Form. Both forms can be found on our website (www.nmpoisoncenter.unm.edu) on the “For the Community” page.

Appendix A: Suggested Reading List: A Poisonous Selection

(*This reading list was compiled in part by the Illinois Poison Center.)

Snow White Fiction. Ages 3-7

There are many versions of this favorite fairy tale, but nearly all contain the poisoned apple. Disaster befalls Snow White when she does not follow the instructions of the trusted dwarves and eats the apple. A well-placed discussion here will reinforce the notion that poisons do not always look like obvious poisons. The message of "always ask first" also could be emphasized.

Clifford's Spring Clean-up by Norman Bridwell. Fiction. Ages 3-8

Watch out, it's spring cleaning time, Clifford style. Although Clifford uses his tongue to clean windows, a discussion about types of cleaners the mother probably uses, where she keeps them and how to use them and stay safe could start here. The book ends on an Earth Day message that could easily be changed to discuss National Poison Prevention Week.

Poisons Make You Sick by Dorothy Chlad. Fiction. Ages 4-6

This book features a young girl who talks about why you should never put unknown things into your mouth. This book can be tied to the message of "asking an adult first before eating or drinking something that you are not sure of."

Hog-Eye by Susan Meddaugh. Fiction. Ages 4-8

A little piggy gets caught by a big, bad wolf that makes plans for a tasty pig stew. Luckily, this is a resourceful little piggy who figures out the wolf cannot read, and uses this to her advantage. You'll have to read the book to find out how poison ivy saves the day. While in real life, wolves don't own cookbooks and pigs don't talk, children do encourage each other to do things they shouldn't, like roll around in poison ivy. A discussion about what one does in that situation might be interesting.

Let's Talk About Poison Ivy by Melanie Apel Gordon. Nonfiction. Ages 4-8

If you are planning a camping trip, or just plain curious, this book discusses how to identify poison ivy, how to prevent getting a rash, how the rash looks and feels, and how to best promote healing.

Little Yau: A Fuzzhead Tale by Janell Cannon. Fiction. Ages 4-8

Little Yau's friend, Trau, has been poisoned and is very sick. With guidance from the elder Fuzzheads, Little Yau goes on a search to find the plant that will create an antidote to save Trau's life. This story reinforces the idea that poisons can make you sick, and that it is important to seek help from adults to treat the sickness.

Poison! Beware! By Steve Skidmore. Nonfiction. Ages 4-8

Humorous illustrations accompany information about substances which are harmful, including bacteria, plants, animals and chemicals. Also instructs on what to do if someone does come into contact with poison.

Watch Out! At Home by Claire Llewellyn. Fiction. Ages 4-8

This author talks about the dangers in the home accompanied by fun illustrations. This book also contains notes from teachers about how to most effectively use the book.

Taking Medicine by Liz Gogerly. Fiction. Ages 4-8

A boy named Jimmy tries to make his teddy bear feel better by giving him medicine. However, Jimmy soon learns that medicine cannot fix everything and medicine can be harmful if taken incorrectly. This story is a great way to highlight the fact that medicine can be very dangerous if too much or the wrong amount is taken.

Venomous Snakes by Tim Harris. Non-fiction. Ages 4-8

This author provides factual information about venomous snakes in a question-answer format. Material in this book covers eating habits, habitats, physical characteristics and more about poisonous snakes. This book can be used as a platform to talk about the venomous creatures that inhabit New Mexico.

Poisonous, Smelly, and Amazing Plants by Various Authors. Non-fiction.

Ages 4-8

This book presents photos and facts that show the wonders of God's amazing world. The material in this book is a great way to emphasize the message that you should never put any part of a plant into your mouth.

Don't eat that! by Veronika Charles. Fiction. Ages 5-8.

In this book, three young boys tell each other scary stories about other children who eat things that they are not supposed to eat. This book can be tied to the message of "asking an adult first before eating or drinking something that you are not sure of."

The Kid's Guide to First Aid by Karen Buhler. Nonfiction. Ages 5-10

This book covers a wide range of situations needing first aid, including insect bites, stings and poison ivy. Poison is specifically addressed on pages 99-103 with facts, first aid recommendations and activities.

Poisoning by Alvin Silverstein. Nonfiction. Ages 9-12

For children who are, as the book says, "old enough to know it is dangerous to drink a bottle of cleaner." This book covers poisons found in the air, in foods, in animals and in plants. It teaches how to avoid poisons and provides first aid recommendations for treating someone who has been poisoned.

Do Tarantulas Have Teeth? by Melvin Berger. Nonfiction. Ages 9-12

This book contains 70 questions about venomous creatures around the world. This book can be used as a platform to talk about the venomous creatures that inhabit New Mexico.

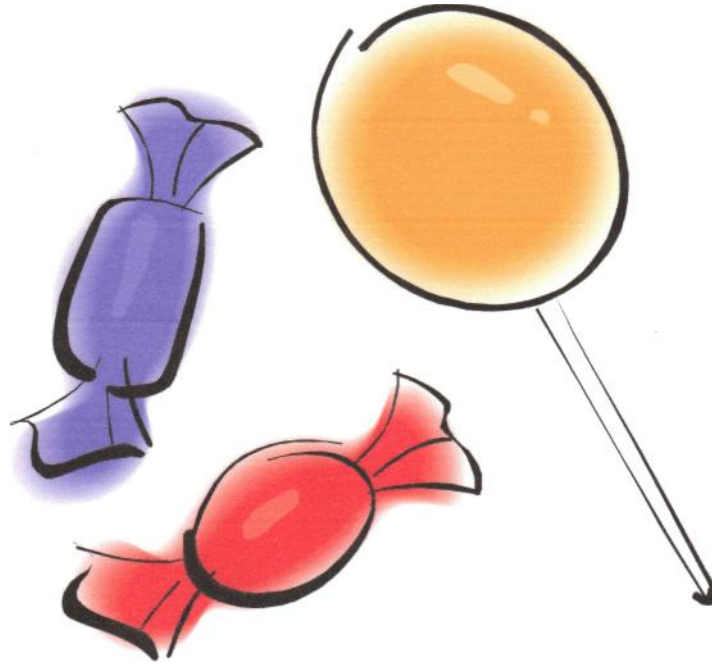
Painful Poison by Nick Arnold. Fiction. Ages 9-12

From the Horrible Science series, this book introduces older children to the world of toxicology. This book is filled with funny experiments such as how to turn your sibling into a zombie!

Appendix B: Smiley Face Game:
Poisonous vs. Non-poisonous Items

(*Images borrowed from the Utah Poison Control Center)

Candy



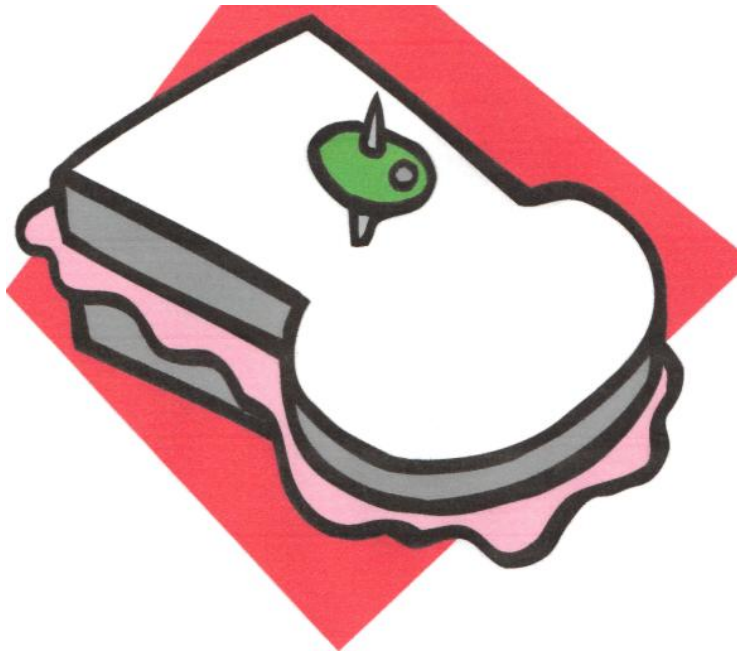
Cookies



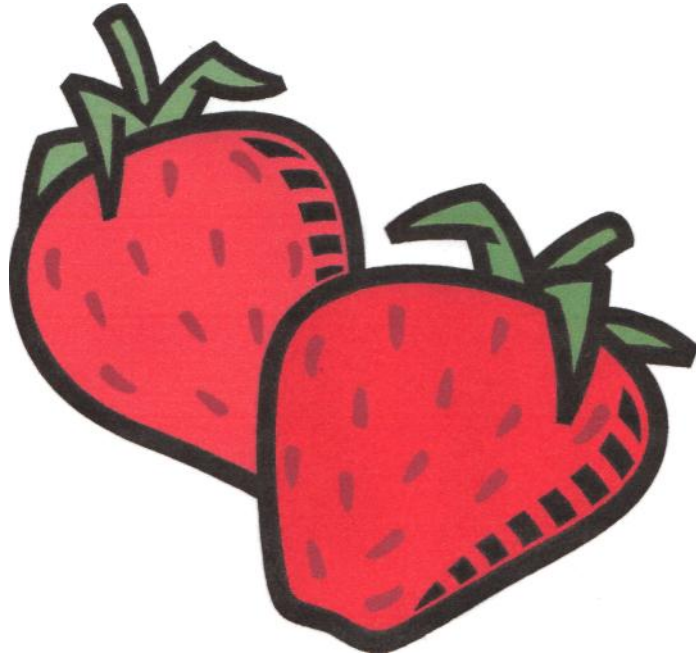
Carrot



Sandwich



Strawberries



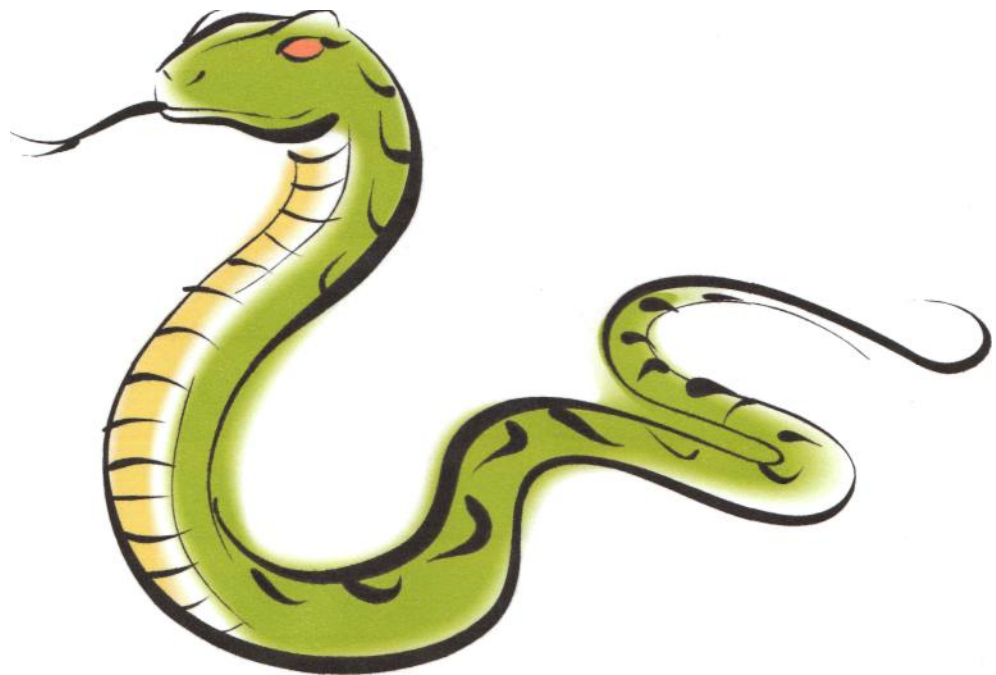
Ice Cream



Milk



Venomous Snake



Medicine



Plants



Aerosol Spray



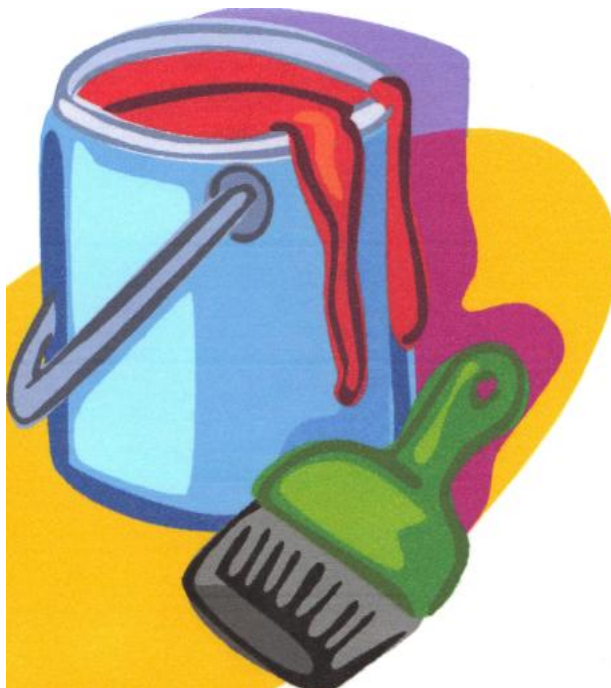
Ointment



Fingernail Polish



Paint



**Appendix C: Circle the Places Where
Poisons Can Enter the Body**

(*Image borrowed from the New York City Poison Control Center)



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

Appendix E: Poison Prevention Tips Flyer



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 F: Letter to Parents

Dear Parent / Caregiver,

Ninety percent of poisonings occur in the home, commonly while caregivers are busy preparing meals. Learning about how to protect you and your family from the dangers of poisons can save your lives. In fact, your child has been learning about poisons at his / her school.

Children are at an increased risk of becoming poisoned because of their boundless curiosity. A lot of times it is difficult for a child to be able to distinguish between food / beverage items and poisons or between candy and medicines. While it is important to teach children how they can help themselves in these situations, it is also important that adults provide a safe environment for children grow and learn.

Your child has most likely brought home a number of items in addition to this letter. Please take a moment to read over the literature. Also, place the telephone stickers and refrigerator magnets with the poison center telephone number, **1-800-222-1222**, in a handy spot in case of a poison emergency.

If you need more information about poison prevention please contact the New Mexico Poison Center's Health Educator at 1-505-272-1364.

Here's to a poison-safe home,

Jacqueline Kakos, Health Educator
New Mexico Poison and Drug Information Center
jkakos@salud.unm.edu
Direct Line: 1-505-272-1364
Poison Help 24-Hour Hotline: **1-800-222-1222**

Appendix G: Certificate of Completion

Name

has successfully completed the poison prevention unit and is now officially certified as a

Poison Expert

Date

Teacher or Parent's Signature