



## It's National Poison Prevention Week



This year's theme is: When the Unexpected Happens, We're Here for You. In this newsletter, we're sharing some of the unexpected things that cause Kentuckians to call poison control .

## Games and Activities

Here are some fun games and activities about poison prevention:

[Kids activity sheets](#)

[Virtual Story Hour](#)

[Mad Lib - A Dark and Stormy Night](#)

[Mad Lib - A trip to Grandma's](#)

[Brain Games for adults and teens](#)

## Young Kids and Toddlers

Unexpected is the name of the game with young children and toddlers! This is especially true when it comes to poison, because from the time they start crawling, kids explore the world with their eyes, hands and mouths. About half of all calls we receive are about kids five and younger. Most common calls include:



- Cosmetics and other personal products – they smell pretty, they often look pretty, they can be very tempting for curious kids
- Cleaning products – you probably do a great job of storing these up and out of reach – which means if you do leave them down, or visit a home where they're stored differently, kids will find them new and exciting.
- Medications – Store all medications, including over-the-counter, vitamins and supplements, up and out of reach. Keep in mind that medications that come in gummy form tastes really good so they are extra tempting to kids if they're left in reach.
- Diaper cream - it's hard to get them out of diapers without them getting ahold of it at least once. It's usually mostly a choking hazard, but give us a call if it happens and we'll check the ingredients on the brand you have just to make sure you're in the clear



## Teens



If your kids are in their teens, you might think you're done with poisoning risk, but teens need poison control too.

Here are some common calls about teens:

- As teens are allowed to take their own medication, sometimes they take too much or grab the wrong bottle – it's a great idea to teach them that even over-the-counter medications can be dangerous in the wrong amount.
- Cleaning products – teens are helpful around the house whether on their own or because we require it. But sometimes things go wrong with cleaners.
- Talk to your teen and even tweens about never taking anyone else's medication. This is an age where there's both curiosity and room for mistakes.

## School-age Children

While half of all our calls are about kids 5 and younger, we do still get calls about elementary-aged kids.

- A frequent medication mistake that happens with kids this age is when kids get daily meds like allergy or ADHD medications. Parents and caregivers will sometimes get their wires crossed resulting in a double-dose. Believe it or not, there are some medications that can be dangerous even if it's just one extra pill, call us to be sure – and make a plan for tracking medication to prevent this from happening.
- Another common call for this age is “foreign objects.” While whatever random objects they swallow might not be poisonous, we can still help you figure out if you should worry.
- And once kids start school, we might think they “know better” than to play with cleaning products or taste things like mouthwash or hand sanitizer, but they often still do. So it's a good idea to keep an eye on things you used to keep put up and away when they were younger.



## Adults

Here are some examples of reasons adults call us

- Medication mistakes – did you take the wrong medication or accidentally take your daily meds twice? This could be a dangerous situation, give us a call and we can help you figure it out.
- Grabbed the wrong thing – if it comes in a tube and you keep it in the bathroom, odds are that someone will put it on their toothbrush – diaper cream, anti-itch cream, we've heard them all. Most are harmless, but call us and we'll help you make sure.
- Not reading the directions – from cleaning products to household chemicals to pesticides, we often get in a hurry

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For poisoning information and emergencies:

1-800-222-1222