



Emergency First Aid

PDHC PARENTING CLASS

Poison Exposure

Poison Exposures in the United States

- ▶ **Someone** calls a Poison Center every **13 seconds**
- ▶ A **Child** needs a Poison Center every **30 seconds**
- ▶ An **Adult** needs a Poison Center every **39 seconds**
- ▶ **There are over 2 million poisonings every year, costing more than \$12 billion to treat**



WATCH VIDEO

POISON CONTROL

▶ <https://www.youtube.com/watch?v=dJxPqb0krIY>

Most Common Poisons by Age

Children (6 and under)

1. **Cosmetics and Personal Care**
2. **Cleaning Products**
3. **Medicines and Medication errors**

Adults (19 and older)

1. **Medicines and Medication errors**
2. **Cleaning Products**
3. **Animal Stings and Bites**

Poisoning Prevention

Poison Proof your home

Prevent Medication errors

Get HELP from experts - Call the national poison emergency hotline if you think someone is poisoned: 1-800-222-1222

Lower risks of Lead Poisoning

1. Poison Proof

- ▶ **Avoid “pretty poisons”**
 - ▶ Poisonous products that LOOK GOOD to eat or drink but can be harmful if **swallowed, put in the mouth, inhaled, get in the eye, or get on the skin**
 - ▶ Every time you bring something home ask yourself “does this look like a “pretty poison””? **Store them out-of-sight and out-of-reach!**
 - ▶ **Common Household Examples:** Medicines, bug and weed killers, laundry products, nail glue remover and primer, batteries, cleaning products, alcohol, lighter fluids, iron pills, cigarettes, mouthwash, and plants.



Practice Poison Safety

- ▶ **Never** call medicines candy.
- ▶ **Do not** take medicine in front of children.
- ▶ **Do not** leave “pretty poisons” unattended
- ▶ **Do not** store Pretty poisons next to food or personal use items
- ▶ **Do not** mix cleaning products (Bleach & Ammonia don't mix!)
- ▶ Keep products with **Alcohol** out of site and out of reach.
- ▶ Products containing **Gasoline, Pesticides, or Insecticides** are highly poisonous. Store these in places where children don't have access
- ▶ Safety caps, locks and latches should **NOT** be the only barrier between poisons and your children.



Keep Poison Help Number Accessible

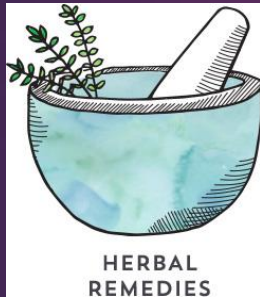


- ▶ **Bookmark the Interactive Website**

[webPOISONCONTROL®](http://webPOISONCONTROL.com)



2. Prevent Medication Errors



What is a medication?

Prescribed medication - by a Dr. or health care provider

Over-The –Counter (OTC) medication - Any form of medicine you buy without a prescription to treat or prevent health related problems (pain, fever, cough, allergy, etc.)

Vitamins and nutritional supplements - prescribed or OTC

Herbal or homeopathic medicines - in any form to treat or prevent health problems

Others: medical gases (oxygen)

A Medication Error is a mistake involving medications



WATCH VIDEO

Lock it
up

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=SECF8Y759GW](https://www.youtube.com/watch?v=SECF8Y759GW)

Examples of Medication Errors

- ▶ Skipping a dose and/or double dose
- ▶ Taking it too soon or later than scheduled
- ▶ Taking the wrong medicine/wrong units of medicine
- ▶ Taking medicine the wrong way (i.e. ear drops in eye by mistake)
- ▶ Drug reaction
- ▶ Drug interaction

Prevent Medication Error!

- ▶ Know what and why you are taking
- ▶ Read the labels
- ▶ Keep a medication record
- ▶ Do **NOT** take medication prescribed for others
- ▶ Dispose of unfinished and expired medication properly
- ▶ Use the same pharmacy to fill all prescriptions
- ▶ Call the pharmacy for help if unsure



The pharmacist is a good reference for pregnant or breastfeeding women!

Print and Keep a Medication List

For each member of your family

▶ **My Medicines Record Keeper**

- ▶ Use the My Medicines brochure to help you keep track of the medicines you take. This brochure is available in English, Spanish, Arabic, Polish, and 10 Asian/Pacific Islander languages.
- ▶ [My Medicines](#) - **Fill Out and Print a Copy in English** (PDF 1.5MB)
- ▶ [Mis Medicinas](#) - **Fill Out and Print a Copy in Spanish** (PDF 1.58 MB)
- ▶ [My Medicines](#) - **Print a Copy in Other Languages**

3. Get HELP from Experts

If you think someone has been poisoned:

- Call the national poison emergency hotline to reach a poison center closest to you: **1-800-222-1222**
- Bring the person and the poison to the phone if possible

WARNING!

If a person:

- **Collapses**
- **Stops breathing**
- **Is having seizures**

CALL 911 IMMEDIATELY!

Poisoning HELP

1-800-222-1222

Expert, confidential, 24/7, free to the public

Poison centers are staffed by specially trained healthcare professionals.
(nurses, pharmacists, doctors, etc)

A call to the Poison Center saves...

- ▶ Stress and trauma to the patient and family
- ▶ Costly trip to the ER
- ▶ Unnecessary use of 911/EMS services

8 out of 10 poisonings can be treated where they happen



Do NOT make
the poisoned
person throw up!

- **SOME POISONS CAN CAUSE MORE DAMAGE AS THEY COME BACK UP!**
- **IPECAC SYRUP IS NO LONGER RECOMMENDED**

If Poison is Splashed in the Eye

Every second matters to prevent possible blindness

Begin rinsing the eye with room temperature water.

Contact the experts at Poison Control for help. Call Poison Control at 1-800-222-1222 or use the [webPOISONCONTROL®](#) online tool for help.

Rinse the eye for 15 – 20 minutes with room temperature water.

A child may need to be held over the sink to be able to pour water from a pitcher or the faucet

Then CALL POISON CONTROL

If a Poison is Spilled on the Skin

Take off

- Take off any clothing that has the poison spilled on it

Rinse

- Rinse the skin with running water for 15 minutes

CALL

- CALL POISON CONTROL

Get

- Get some fresh air

Help

- Help the person to the outdoors or open door and windows

Call

- Call Poison Control

If a Poison is
Breathed in

If a Cleaning Product is Swallowed



- ▶ Give the person a glass of water or milk to drink
- ▶ Do not offer liquids if the person is unconscious, having seizures or having difficulty swallowing
- ▶ Call Poison Control

If anything else is Swallowed

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graph LR; A[Before you do anything,] --> B[Call Poison Control]
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Before
you do
anything,

Call
Poison
Control



WATCH VIDEO

4. Lead Poisoning

https://www.youtube.com/watch?v=Zlw_bXzPUPHk

Lead Poisoning is a Health Risk for ALL Ages!

▶ **You could be at risk if:**

- ▶ You live in a home built before 1975
- ▶ If you make or work with products containing lead
- ▶ If you use handmade ceramic dishes from an unknown source
- ▶ If you follow/use home remedies
- ▶ If you buy products made outside of the US
- ▶ Other products to consider - art paint, pool chalk, model car's paint, fishing lures and sinkers, some custom or toy jewelry (when swallowed)

Testing for Lead Poisoning

Ask your Pediatrician, Family doctor, or the health department about testing for lead.



Children should be tested at 12 months AND re-tested at 2 years of age!

Lower risks of lead poisoning

People with lead poisoning might not look or feel sick!

The most common symptoms: Anemia (low iron), Constipation, Abdominal pain.

Health effects: Nervous system damage, Lower IQ, Slow growth, Premature birth, Low birth weight.

Long Term Health Effects: Reading and Vocabulary deficits, Attention disorders, Higher risk of not graduating from high school.

What you can do:

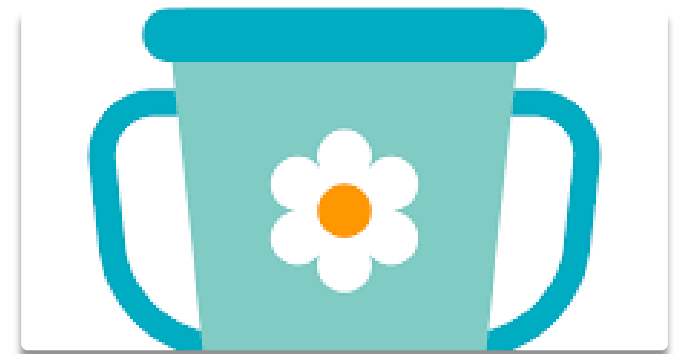
- Look for chipping paint (lead paint tastes sweet)
- Dust and mop weekly (Dust is the main source of lead)
- Eat a balanced diet. Eat foods high in calcium and iron.
- **Wash toys, pacifiers, and everyone's hands often**
- Do not allow children and animals play outside in bare soil.



All About Fevers

Fevers are an important part of the body's immune response.

- ▶ When your temperature rises it helps the immune system fight infections - bacteria or virus
- ▶ A low fever is not bad
- ▶ Fevers cause the body to burn up lots of calories and. can cause dehydration so give children with fevers lots of liquids
- ▶ Give your child liquids (breastmilk, juice, water, popsicles)
- ▶ Refer to your doctor's instructions





Taking Your Child's Temperature

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=GOP7O-01EHY](https://www.youtube.com/watch?v=GOP7O-01EHY)

FEVER:

A temperature greater than or equal to

100.4°F / 38°C



WATCH VIDEO

Fevers in Kids: When to call the Doctor

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=ECJ2XMASNZM](https://www.youtube.com/watch?v=ECJ2XMASNZM)

When to Call your Pediatrician for Fevers

Call your Doctor if:

- 100.4 degrees F. Rectally or higher if baby is under 3 months old
- 102 degrees F. Rectally if 3 months to 3 years
- 103 F. Orally if older than 3 years
- **Call 911 if your baby is having difficulty breathing**

Choking



▶ What should I do?

- ▶ If child is talking/breathing, do nothing. Let them cough it out. Stay with them until the episode passes. DON'T pat them on the back – it could make it worse!
- ▶ If the child can't breathe call 911 immediately,
- ▶ To avoid choking cut all food into small bites.
- ▶ **The 2 most common foods that cause children to choke are hot dogs and grapes.**
- ▶ Keep small objects away from children 3 & under (beads, coins, small toys, deflated balloons, candy, etc.





Cuts

What should I do?



Minor bleeding?

- ▶ Rinse the wound well with water to clean out dirt.
- ▶ Wash the wound with a mild soap and rinse well. (No need to use an antiseptic.)
- ▶ Cover the wound with a clean bandage. Keep it dry. Check it daily.
- ▶ Call your doctor if the wound is red, swollen, tender, warm, or draining pus.

Bleeding a lot?

- ▶ First do the same as with minor bleeding, Use gauze or a clean towel.
- ▶ Raise the bleeding body part above the level of the child's heart.
- ▶ Apply direct pressure to the dressing with the palm of your hand for 5 minutes.
- ▶ If blood comes through the gauze, apply another gauze.

Cuts

When do I call for help?

- ▶ Large cuts or tears
- ▶ you can't stop the bleeding after 5 minutes of pressure. Continue applying pressure until help arrives
- ▶ you can't clean out dirt completely, or there's something else stuck in the wound
- ▶ the wound is on the child's face or neck
- ▶ the injury was caused by animal or human bite, a burn, electrical injury, or puncture wound
- ▶ the cut is more than half an inch long or deep
- ▶ If you aren't sure if stitches are needed
- ▶ Uncontrolled bleeding, dial 911





How to Stock your First Aid Kit

WATCH VIDEO

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=NK29ZCNX99E](https://www.youtube.com/watch?v=NK29ZCNX99E)

Essentials to Prepare for Emergencies

- ▶ Flashlights
- ▶ Batteries
- ▶ Bottled water
- ▶ Foods that do not need refrigeration
- ▶ Set a meeting place outside your house
- ▶ Practice fire drills, tornado drills with your children





**KEEP
SAFE
AND
SOUND**



TAKE THE POST-TEST



<https://docs.google.com/forms/d/e/1FAIpQLSf3BGJZuRAGwZpPZQ6yaECle51v5DS9KxhtgR59CEzUBS4kFA/viewform?vc=0&c=0&w=1&flr=0>

Optional Learning

- ▶ Make a Family Emergency Plan

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=QRTM3FKBQ-U](https://www.youtube.com/watch?v=QRTM3FKBQ-U)

Resources

- ▶ Central Ohio Poison Center “Be Poison Smart!”
- ▶ Heritage House ‘76, Inc. Earn While You Learn, Main Module 7
- ▶ <https://www.fda.gov/media/83298/download> Medication List
- ▶ <http://q985online.com/wisconsin-donut-shop-is-having-a-little-fun-with-the-tide-pods-craze/>
- ▶ <http://www.eatbalanced.com/vitamin-pills-for-kids/>
- ▶ <https://www.wisebread.com/common-household-poisons-and-how-to-react>
- ▶ <https://www.youtube.com/watch?v=dJxPqb0krlY>
- ▶ <HTTPS://WWW.YOUTUBE.COM/WATCH?V=SECF8Y759GW>
- ▶ <TTPS://WWW.YOUTUBE.COM/WATCH?V=ZIWBXZPUPHK>
- ▶ [WEB**POISON**CONTROL® ONLINE TOOL FOR HELP.](#)
- ▶ HTTPS://WWW.FDA.GOV/CONSUMERS/CONSUMER-INFORMATION-AUDIENCE/WOMEN?UTM_CAMPAIGN=WOMENS%20HEALTH%20UPDATE%20JUNE%202020&UTM_MEDIUM=EMAIL&UTM_SOURCE=ELOQUA
- ▶ <HTTPS://WWW.WEBMD.COM/FIRST-AID/QA/WHEN-SHOULD-I-CALL-A-PEDIATRICIAN-ABOUT-MY-CHILDS-FEVER>